



## ywca – personal training intake form and application

The YWCA Greater Newburyport is happy to offer personal training for adults, children and/or athletes. This form needs to be completed and it will then be passed along to our Health & Wellness Director, Ilene Harnch-Grady. Please note that trainer's availability are limited hence the reason we ask you to provide multiple options for times you would like to schedule your private training sessions.

### participant information:

date: \_\_\_\_\_

First Name	Last Name	Home phone:	
Street	City	State	Zip Code
Email address:	Cell phone:	DOB:	

### member rates:

\$55.00 Single Session  
\$180.00 4 pack  
\$400.00 10 pack

### Non-member rates:

\$60.00 Single Session  
\$220.00 4 pack  
\$500.00 10 pack

### current routine:

\_\_\_\_\_

### goals:

i.e. Strength, Weight Training, Weight Loss, Other \_\_\_\_\_

### semi-private: additional \$15.00 per person (maximum of 4 participants)

First Name	Last Name	DOB	Gender	
First Name	Last Name	DOB	Gender	
First Name	Last Name	DOB	Gender	

### Please indicate the three best days and times to meet:

	AM #1	AM #2	AM #3	PM #1	PM #2	PM #3
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**OVER**

**waiver of liability: personal training**

I hereby state that I am physically fit and do not suffer from any physical or health issues that would prevent me from participating in the YWCA Greater Newburyport's physical programs. In order to participate, I am aware that the YWCA Greater Newburyport reserves the right to request a letter and/or medical examination from a medical doctor stating my health status.

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Date

I, the undersigned, my heirs and assigns, hereby, indemnify and holds harmless the YWCA Greater Newburyport (its directors, employees and agents) from all legal responsibility for any death, injury or any illness created or sustained by any YWCA activity and/or program.

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Date

**photo release and authorization**

I acknowledge that from time to time the YWCA Greater Newburyport takes pictures of its members to include in its own publications and for promotional materials. Unless, signed below, I give permission to the YWCA Greater Newburyport to use any photographs and photographs of my family members in YWCA Greater Newburyport publications and promotional materials.

I decline to allow my pictures for use by the YWCA Greater Newburyport.

\_\_\_\_\_  
Signature of Member

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Minor Member

\_\_\_\_\_  
Date

**cancellation policy:**

*All cancellations must be received 24 hours in advance to avoid a penalty.*

*Customers will receive a credit for the cancelled session that will be valid for 3 months after the session date.*