



Carl and Linda Grubb Family YMCA

Personal Training

With the support and guidance; motivation and variety of workouts; proper progression and results; the Grubb Family YMCA's personal trainers are here for you! Getting to know you and discussing your individual goals allows us to set up a workout plan tailored for you. We have male and female trainers so you have the option of choosing yours! Our trainers are certified personal trainers and have a passion of helping others to learn, achieve results and just have fun!

Fitness Assessment Includes

- Resting Heart Rate
- % Percent Body Fat
- Body Mass Index
- Height/ Weight
- Blood Pressure
- Measurements
- Muscular Strength
- Muscular Endurance
- Cardio Respiratory Endurance
- Flexibility



Registration Form

Please fill out the information listed below completely.

Name: _____ Gender: M / F Date of Birth: ___/___/___
(Print)

Phone Number: _____ E-mail: _____

Prefer Gender Trainer: Male Female Either Request Trainer:
(Please Circle one) Lori Joel Stacy

Availability: _____
(Required)

Personal Training

Fitness Assessment Pricing

| | | |
|---------------------------------|---------|----------------------------------|
| Assessment | \$15.00 | |
| 1 Session - \$20 (1 Person) | | 1 Session - \$35 (2 People) |
| 5 Sessions - \$90 (1 Person) | | 5 Sessions - \$115 (2 People) |
| 10 Sessions - \$170 \$185 | | 10 Sessions - |

Contact Meredith Morgan
Wellness Director for more
information or additional
questions. 336-861-7788
mmorgan@hpymca.org

Visit us at:
www.grubbfamilyymca.org



FOR YOUTH DEVELOPMENT
SOCIAL RESPONSIBILITY
HEALTHY LIVING

For personal training please pay in advance at the front desk.

Completion of your health questionnaire is required when paying and must be completed before receipt is given. The health questionnaire is an in depth information sheet for personal trainers to assess so they can tailor a program to better suit the individual's personal goals.

Your health questionnaires and other information will be viewed only by the Wellness Director, Meredith Morgan, and your personal trainer.

All medical releases must be turned in to the Wellness Director before training can begin. Three days after you have paid a trainer will contact you.

Note: In consideration of being permitted to utilize the facilities, services and programs of the YMCA for any purpose including, but not limited to, observation or use of the facilities or equipment, or participation in any off-site programs affiliated with the YMCA, the undersigned for himself, herself and any personal representatives, executors and administrators, WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE the High Point YMCA, their directors, officers, employers and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in the program or any other activities."

Signature _____ Date _____

Reviewed by legal counsel 9-12-06