



# HEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## Fitness Service Request Form

Please complete and return to the front desk to be used by the YMCA Fitness Staff to assist in your selection of a fitness program.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: (day) \_\_\_\_\_ (evening) \_\_\_\_\_

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Please read the four areas of fitness training offered, and check the one(s) which fit your needs. A trainer will contact you to set up an appointment.

- \* \_\_\_\_\_ **Equipment Orientation** – Free program offered to any YMCA member. A trainer will introduce you to the Cybex equipment, free weights, cardio machines, exercise classes, and will perform a body fat analysis on request.
- \_\_\_\_\_ ***Fitness Consulting*** - \$50 per month, a consultant will meet with you on a weekly basis to set goals, motivate, and guide you to new lifestyle changes. Your consultant will discuss health and nutrition, workouts, track body fat, and hold you accountable to your goals.
- \_\_\_\_\_ ***Program Design*** - \$50 for a program design, a trainer will meet with you and perform a Initial Assessment, then after the assessment the trainer will design a customized personal workout program.
- \_\_\_\_\_ ***Personal Training*** –A certified personal trainer will provide individuals with specialized guidance to help set and safely achieve personal health and fitness goals. Whether that goal is to lose weight, firm up, gain muscle mass, or to increase performance in a specific sport, one-on-one personal training is for you. Special pricing packages are available.

### My main fitness goal:

\_\_\_\_\_ lose weight      \_\_\_\_\_ increase strength      \_\_\_\_\_ muscle tone  
 \_\_\_\_\_ muscle size      \_\_\_\_\_ other: \_\_\_\_\_

Physician: \_\_\_\_\_ Date of last physical: \_\_\_\_\_