



We build strong kids,
strong families,
strong communities.



UNLIMITED PERSONAL TRAINING

Program Details

- Dates Available:**
- ▶ January 2 – January 31, 2010
 - ▶ Sunday – Saturday
 - ▶ During YMCA Hours of Operation
- Trainers Available:**
- ▶ Tim Vessells
 - ▶ Jen Kirkpatrick
 - ▶ Emily Crews
- Cost:** \$195 per member
- Registration Procedure:**
- ▶ Member must register at YMCA Member Services Counter.
 - ▶ Full Payment is due at time of registration.
- Who May Enroll:**
- ▶ Current YMCA Members (Guest Passes not accepted)
 - ▶ Members must be 16 years of age or older.
- Length of Session:** Anytime up to 90 minutes
- Frequency of Sessions:**
- ▶ No more than one (1) session per day.
 - ▶ No more than seven (7) per calendar week (Sunday through Saturday).
- Appointment Policy:**
- ▶ Must make appointment one week in advance.
 - ▶ Appointments must be made directly with personal trainer by phone, in person, or by e-mail. Trainer must confirm appointment.
 - ▶ Appointments will be based on availability.
 - ▶ Made on a first-come, first –serve basis.
- Walk-in Policy:** Walk-ins not accepted.
- Cancellation Policy:** 24-Hour notice required prior scheduled appointment or member will be charged \$20 cancellation fee.
- Refund Policy:**
- ▶ A full refund minus \$20 (\$175) will be issued to members who cancel program within 48 hours of enrollment.
 - ▶ Refunds will not be issued if member cancels more than 48 hours after enrollment in program.
 - ▶ Credits for future YMCA Personal Training may be issued on a case-by-case basis determined by the Membership Director.
- Financial Assistance:**
- ▶ Available to those who qualify. The YMCA will not turn anyone away due to an inability to pay.
 - ▶ May take up to 10 business days to process.