



Lakota Family YMCA Personal Training

Individual Rates

4 visits - \$128 (\$32/visit)
8 visits - \$240 (\$30/visit)
12 visits - \$336 (\$28/visit)
16 visits - \$416 (\$26/visit)

Personal training visits are completed in 1-hour sessions with a certified trainer at the Lakota Family YMCA.

**Personal Training packages expire 6 months from purchase date.*

Group Rates

4 visits - \$88/person (\$22/visit)
8 visits - \$160/person (\$20/visit)
12 visits - \$216/person (\$18/visit)
16 visits - \$256/person (\$16/visit)

Group rate prices are per person.

Each member of the training group is responsible for their purchase of sessions.

**Group Training packages expire 6 months from purchase date.*

Personal Training Request

Tear the bottom off, fill out and turn in to the Front Desk. All information is required.

Name: _____ **Age:** ____ **M or F** **Main Phone:** _____

Email: _____ **Secondary Phone:** _____

What days are you available to train? (circle) Mon Tues Wed Thurs Fri Sat Sun

Number of days per week you are wanting to train: _____

Time of Day Preferred:

<input type="checkbox"/> Early Morning (5am-7am)	<input type="checkbox"/> Mid Morning (7am-10am)	<input type="checkbox"/> Late Morning (10am-12pm)
<input type="checkbox"/> Mid Afternoon (12pm-2pm)	<input type="checkbox"/> Late Afternoon (2pm-5pm)	<input type="checkbox"/> Every Evening (5pm-8pm)
<input type="checkbox"/> Late Evening (8pm-10pm)		

Trainer Preference, if available: Male Female No Preference

Any special conditions/injuries we need to be aware of? _____
