



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S GET STRONGER TOGETHER



## PERSONAL TRAINING PACKAGES

Let us help you achieve your goals!

Our Personal Trainers will work with you one-on-one or with a partner to identify your goals, level of fitness, areas for growth, and more. Personal Trainers can help you achieve your goals, interests, and lifestyles while seeing and feeling results.

Sessions	Time	Member	Non-Member
One-on-One Training	60 Mins	\$55.00	\$70.00
One-on-One Training	45 Mins	\$45.00	\$60.00
Partner Training	60 Mins	\$40.00/	N/A
Partner Training	45 Mins	\$35.00/	N/A
Packages	Time	Member	Non-Member
12- Session Package	60 Mins	\$600.00	N/A
12- Session Package	45 Mins	\$480.00	N/A
6- Session Package	60 Mins	\$300.00	N/A
6- Session Package	45 Mins	\$240.00	N/A
3- Session Package	60 Mins	\$150.00	N/A
3- Session Package	45 Mins	\$120.00	N/A



### Trainer Availability

**Reese:** M-F 5:30am-7:30am & evenings after 5:00pm

**Blake:** M-F 5:30am-8:00pm/Sat 6:30am-5:00pm

Once you register with the Fergus Falls YMCA, a Personal Trainer will contact you to set up time and dates that work best for you and your trainer. They will meet with you to understand your goals and create a plan that fits your needs.

**FERGUS FALLS AREA FAMILY YMCA**  
1164 N Friberg Ave Fergus Falls, MN 56537  
P 218-739-4489 [www.fergusfallsymca.org](http://www.fergusfallsymca.org)

Questions? Contact us at 218-739-4489 ext. 205



Date: \_\_\_\_\_  
Paid: YES or NO  
Initials: \_\_\_\_\_

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Name: \_\_\_\_\_ Member \_\_\_\_\_ Non-Member \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Under 18 Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Preferred time of training sessions: \_\_\_ Early morning \_\_\_ Morning \_\_\_ Afternoon \_\_\_ Evening

Other information or considerations to be aware of: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PERSONAL TRAINING

Packages must be paid in full prior to training. Single sessions will expire thirty days after purchase date. Packages will expire four months after purchase date. Packages may not be modified and are non-transferable and non-refundable. 24 hour cancellation policy for all scheduled sessions. Regardless of start time, session will end at the scheduled time. Purchasers of group packages for 2+ individuals may substitute another Y member in place of their absence. Medical clearance is required.

## INFORMED CONSENT and WAIVER OF LIABILITY

In consideration of the YMCA accepting this registration, I, for myself, and/or the minor(s) for whom I am signing, release and forever discharge the Fergus Falls Area Family YMCA and all connected with the YMCA, of and from any and all rights, claims, demands, and actions of any and every nature whatsoever, for any and all loss, damage, injuries sustained by me or my property, or by the minor(s) for whom I am signing on his/her property at any time. I declare that the above minor(s) is/are physically sound and medically approved to participate in the activities of the YMCA. I authorize use of any and all photographs taken of my child(ren) with the YMCA or on YMCA related trips to be used for the publicity of the YMCA, facility and programs.

## PAYMENTS/CANCELLATIONS

Payments must be made at the time of registration, prior to participation in program. Cancellations must be within 24 hours of the start date of the program.

Print Name of Participant:

Signature of participant or guardian

Date:

\_\_\_\_\_

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Questions? Call: 739-4489 ext. 205