

# Trainer Request Form

Please fill out the entire form



First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Birth Date: YY \_\_\_\_ MM \_\_\_\_ DD \_\_\_\_

**Please answer the following (circle "Y" or "N")**

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? **Y / N**
2. Do you feel pain in your chest when you do physical activity? **Y / N**
3. In the past month, have you had chest pain when you were **not** doing physical activity? **Y / N**
4. Do you lose your balance because of dizziness or do you ever lose consciousness? **Y / N**
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be **made worse** by a change in your physical activity? **Y / N**
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? **Y / N**
7. Do you know of any other reason why you should **not** do physical activity? **Y / N**

### Availability

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
AM							
PM							

Please indicate what times/days you would typically workout.



### Downtown YMCA

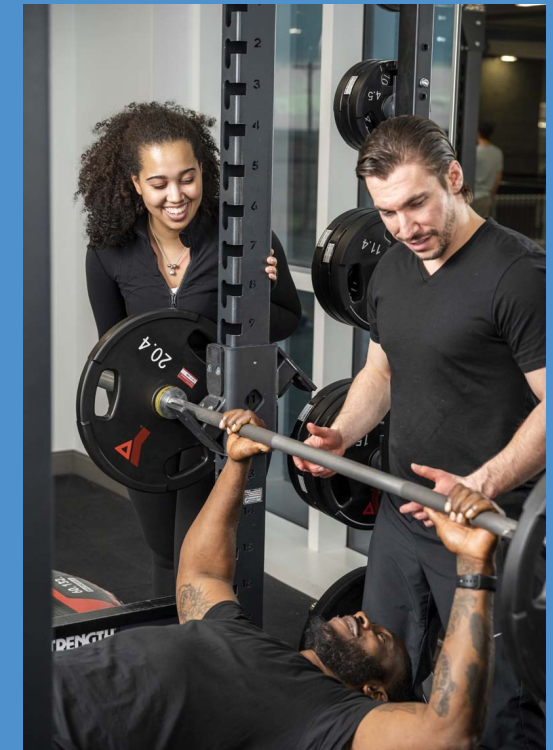
400 Battle Street  
Kamloops, BC  
250-372-7725

[Kamloopsy.org](http://Kamloopsy.org)

[Facebook.com/kamloopsy](https://Facebook.com/kamloopsy)



## Personal Training Services



*Building healthy communities*

# Personal Training Services at YMCA BC Kamloops Region

What can a YMCA Personal Trainer do for me?

**Congratulations on your commitment to a lifestyle of Health & Wellness. Here's what a YMCA Personal Trainer can help provide:** Our trainers are fully certified fitness professionals who are dedicated to helping you achieve your goals. They will offer you a program that best matches your needs and abilities. You and your trainer will work together to create a fitness schedule that works with your lifestyle.

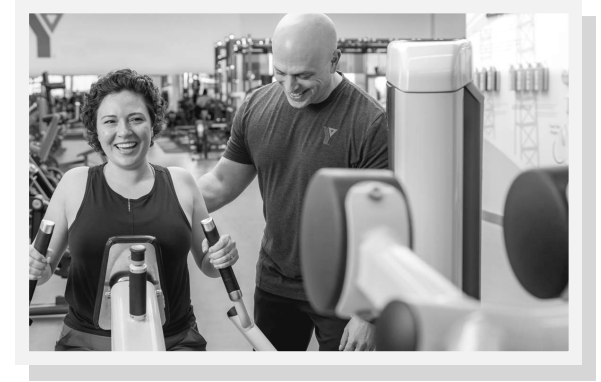
**Our Trainers are dedicated to providing you:**

- Variety in programming to prevent boredom
- A focused program to keep you on track
- The latest research backed health information
- A professionally designed program
- Safe and successful workouts

## Pricing:

Session Package	Member Price	Non-member Price	Price Per Session Member/ Non-Member
5	\$350	\$400	\$70/80
10	\$650	\$750	\$65/\$75
Kick Start	\$195		One time use. Members only, includes three 1-hour sessions

**Kick Start Package:** This is a one-time use package that consists of 3 sessions with a trainer. In the first session you will fill out forms, do an assessment, set up realistic goals with a trainer. The following 2 sessions will be about learning the program your trainer will design based on your personal needs.



**I'm Ready! How do I start working with a YMCA Personal Trainer?** Fill out the Trainer Request Form (on the reverse side of this brochure) and return it to Membership Services located at our Downtown Kamloops YMCA. Our Fitness Directors will contact you to match you with a trainer who can best meet your needs.



Building healthy communities