



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT FUN FOCUS

Personal Training

The Algona Family YMCA Personal Trainer will assist members in reaching their fitness goals. Our Personal Trainer is certified and capable of performing fitness assessments, and one on one discussion to determine your needs and implementing exercise programs based on those needs. All sessions will last one hour and will be scheduled at the member's convenience.

PRICING & PACKAGES:

Individual Rates	Group Rates
Single Visit—\$22.00	10% off of individual rates per person.
6 sessions—\$96.00	
12 sessions—\$168.00	
18 sessions—\$243.00	

I understand that 24 hour notice is required to cancel an appointment and not be charged. _____
Initial here

Participants Name: _____ Phone: _____ Date: _____

of sessions: Single 6 sessions 12 sessions 18 sessions Email: _____

Office Use only : Date _____ Amt: _____ Pymt Type: _____ Staff _____