



# State College YMCA

## Personal Training Request Form

### Contact Info

Date: \_\_\_\_\_

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

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

### Participant Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Preferred Contact Method (Circle One):      Text      Call      Email

Days/Times Available \_\_\_\_\_

Goals: \_\_\_\_\_

Specific Requests: \_\_\_\_\_

Name of Trainer Requested (if known): \_\_\_\_\_

A State College YMCA staff member will contact you as soon as you have been matched with a trainer. PLEASE DO NOT register or pay for any sessions until you have discussed them with your trainer.

For more information, contact Emily Conkey, Senior Health and Wellness Director, at [econkey@ymcaocc.org](mailto:econkey@ymcaocc.org).

### Personal Training Policies:

- Sessions are scheduled on an individual basis with your trainer.
- All cancellations need to be communicated to the trainer.
- We request all cancellations or reschedules are done 12 hours prior to the session. Otherwise, you will be charged for the session.
- Session times can be adjusted for tardiness depending on the trainer's availability.