



State College YMCA Personal Training Request Form

Contact Info

Date: _____

Name: _____

Email: _____

Daytime Phone: _____

Evening Phone: _____

Participant Information

Name: _____ Age: _____

Dates 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, please contact Emily Conkey, Senior Health and Wellness Director, at econkey@ymcaocc.org.

Personal Training Policies:

- Sessions are scheduled on an individual basis with your trainer.
- Sessions vary in length but will not last for more than one hour.
- All cancellations for sessions 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.