

# YMCA OF CENTRE COUNTY

## Personal Training Request

### Contact Info

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

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

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

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

### Participant Information

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

Dates Available: \_\_\_\_\_

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

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

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

Session length varies, but will last no longer than 1 hour. Sessions are scheduled on an individual basis with your trainer. A fitness staff member will contact you as soon as you have been matched with a trainer. Please DO NOT register or pay for sessions until you have been matched with a trainer! **No refunds will be issued after 6 months.**

For more information, contact Josh Cone at [jccone@ymcaocc.org](mailto:jccone@ymcaocc.org) or (814) 237-7717.