



YMCA GROUP TRAINING INTEREST FORM

Come and enjoy the energy and fun of a small group, with the coaching of a certified Personal Trainer.

WHY GROUP TRAINING?

Our goal is to bring like-minded people together to work hard and accomplish goals together. In group training we combine strength training, cardio conditioning and nutritional guidance for the complete fitness solution.

The YMCA group training offers safe and effective workouts for people at all levels of conditioning to feel better, look better and perform better than you ever thought was possible.



Please fill out the interest form below and return form to the fitness desk.

NAME _____ BIRTH DATE _____

EMAIL _____ PHONE _____

*Please Circle your preferred choices below:

PREFERRED METHOD OF COMMUNICATION	PHONE CALL	TEXT	EMAIL			
GROUP PREFERENCE	MALE	FEMALE	NO PREFERENCE			
TRAINING TIME PREFERENCE	5AM-11AM	12PM-4PM	5PM-9PM			
TRAINING DAY(S) PREFERENCE	MON	TUES	WED	TH	FRI	SAT
GOAL(S)	WEIGHT LOSS	ENDURANCE	STRENGTH	COMMUNITY		

ADDITIONAL NOTES FOR Y STAFF & TRAINER:

SIGNATURE _____ DATE _____

*Complete and turn in your form at the Y by the 20th of the month to be placed in a group for the following month.

This portion is for Y Staff use only. Please date and initial when you receive this form:

Fitness Coach: _____ Coordinator: _____ Trainer Assigned: _____