



Want to know more?  
For inquiries, call us at  
903-677-4430 or email  
[meredith@caincenterymca.org](mailto:meredith@caincenterymca.org)

# WORKOUT WITH A PERSONAL TRAINER!

Crush your workouts with the fitness pros you need!

## CHOOSE FROM OUR ROSTER OF AMAZING PERSONAL TRAINERS!

Whether you want to shed a few pounds, build your strength, or get more active, you'll want to work with trainers you can trust!

### MONIQUE



Aquatic & Land Personal Trainer

### ERIC



Personal Trainer

### SHEMAR



Personal Trainer

### MEREDITH



Master Trainer

## HAVE A BUDDY OR BUDDIES YOU WANT TO WORK WITH?

## WE HAVE YOU COVERED WITH SPECIAL PRICING FOR PARTNERS AND GROUPS UP TO FOUR.

# GET IN SHAPE WITH US!

## Book a session today!

### PERSONAL TRAINING POLICIES

TRAINEES MORE THAN 10 MINUTES LATE WILL NOT INITIATE A SESSION AND WILL BE CONSIDERED A PAID CANCELLED SESSION. 24 HOURS' NOTICE MUST BE GIVEN TO THE TRAINER TO AVOID FORFEITURE OF PAID SESSION.

PERSONAL TRAINING SESSIONS ARE SCHEDULED BASED ON AVAILABILITY OF INQUIRED TRAINER AND TRAINEE AGREED SCHEDULING.

TRAINEES MUST BE OVER THE AGE OF 11.

FULL PAYMENT IS REQUIRED UPON AGREEMENT TO TRAIN AND BEFORE SCHEDULING. PLEASE BE ADVISED THAT THERE IS NO REFUND POLICY.

### INTRO PACKAGE OF 3 HOUR SESSIONS \$120 (ONE PER MEMBERSHIP LIFETIME.)

| Session # | Individual |        | Partner |        | Small Group |        |
|-----------|------------|--------|---------|--------|-------------|--------|
|           | 30 min     | 60 min | 30 min  | 60 min | 30 min      | 60 min |
| 1         | \$ 35      | \$ 50  | \$ 28   | \$ 40  | \$ 25       | \$ 35  |
| 3         | \$ 105     | \$ 150 | \$ 84   | \$ 120 | \$ 75       | \$ 105 |
| 6         | \$ 210     | \$ 300 | \$ 168  | \$ 240 | \$ 150      | \$ 210 |
| 12        | \$ 372     | \$ 552 | \$ 315  | \$ 450 | \$ 273      | \$ 390 |

Prices are per person

**MEMBER NAME:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_ **PHONE NUMBER:** \_\_\_\_\_

**HOME ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

THE CAIN CENTER YMCA WILL NOT ASSUME RESPONSIBILITY FOR ANY INJURY INCURRED WHILE PARTICIPATING IN ANY ATHLETIC EVENTS, CHILDCARE PROGRAMS, PARENT/CHILD EVENTS AND OUTINGS, SPECIAL EVENTS, SPORTS PROGRAMS OR ANY RELATED YMCA SPONSORED ACTIVITIES. CERTAIN RISKS OF INJURY ARE INHERENT DURING PARTICIPATION IN THESE PROGRAMS AND EVENTS. NOR WILL THE CAIN CENTER YMCA BE RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS WHILE MEMBERS AND/OR PROGRAM PARTICIPANTS ARE USING YMCA FACILITIES, ON YMCA PREMISES, OR ON OFF-SITE YMCA PROGRAM LOCATIONS. I, THE UNDERSIGNED, FOR MYSELF AND MY HEIRS, DO HEREBY RELEASE THE CAIN CENTER YMCA AND ITS EMPLOYEES AND AGENTS FROM ANY AND ALL CLAIMS FOR INJURY, LOSS OR DAMAGE I MAY SUFFER AS A RESULT OF MY PARTICIPATION, INCLUDING ANY INJURY CAUSED BY THE NEGLIGENCE, IF ANY, OF THE YMCA, ITS OFFICERS, EMPLOYEES, AGENTS, VOLUNTEERS, OR THE NEGLIGENCE OF ANYONE ELSE. I GIVE MY PERMISSION TO THE CAIN CENTER YMCA TO USE PHOTOGRAPHS, FILM FOOTAGE, OR TAPE RECORDINGS, WHICH MAY INCLUDE MY IMAGE OR VOICE FOR PURPOSES OF PROMOTING OR INTERPRETING YMCA PROGRAMS FOR NO COMPENSATION.

MEMBER SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_