

**Texas County Family YMCA**  
**Serving the Community**

1602 N. Oklahoma  
Guymon, OK 73942  
Ph: (580) 468-9622  
Fax: (580) 338-5643



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE YOUR BEST SELF

**PERSONAL TRAINING**  
**TEXAS COUNTY FAMILY YMCA**



**We build healthy spirit, mind, and  
body for all and are here to help  
you reach your wellness goals, re-  
gardless of your age or ability.**

# PERSONAL TRAINING

Our personal trainers are educated professionals who can help any participant, including working professionals, new moms, seniors or triathletes.

We are happy to provide a one-on-one setting or a small group setting personalized to your goals. Whether your goal is to learn how use the equipment, develop new workouts , or form healthy habits, our instructors are here to guide you!

## One-on-One Training:

Work one-on-one with a YMCA Certified Personal Trainer and design a customized exercise, fitness, aquatics, sports or strength curriculum to meet your goals. Single or multiple sessions available for 30-minute or 1-hour appointments. Discounts available for purchasing multiple sessions.

### FEE:

Y-Members: **\$25/hr or \$125/6 hrs**

Non-Members: **\$40/hr or \$200/6 hrs**

## TIME & DATES:

After registering for your personal training sessions, the instructor assigned to you will contact you with the information you provide and set up a time(s) that will fit your schedule.

## Small Group Training:

Grab 2 or more friends plus yourself and enlist the help of a Personal Trainer to reach your goals together! You choose the day, time and number of times per week.

### FEE:

Y-Members: **\$35/hr or \$175/6 hrs**

Non-Members: **\$50/hr or \$250/6 hrs**

## CONTACT:

If you have questions, or for more information, contact Audrey Marshall Program Director, at Texas County Family YMCA at 580-468-9622 or by email at [tcfyprograms@gmail.com](mailto:tcfyprograms@gmail.com)

## Registration Form

NAME: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

Gender: Male Female

AGE: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

PERSONAL TRAINER PREFERNCE: \_\_\_\_\_

## One-on-One Training

### Y-Members:

- \$25/hr
- \$125/6 hrs

### Non-Members:

- \$40/hr
- \$200/6 hrs

## Small Group Training

### Y-Members:

- \$35/hr
- \$175/6 hrs

### Non-Members:

- \$50/hr
- \$250/6 hrs

## WAIVER:

I am an adult over 18 years of age and wish to participate in this Texas County Family YMCA activity. In exchange for the Y allowing me to participate in Y activities, I will expressly acknowledge that I release the Texas County Family YMCA and its staff members from all liability for injury, loss or damage connected in any way whatsoever to my participation in Y activities, whether on or off Y premises. I understand that this release will include any claims based on negligence, action or inaction of Texas County Family YMCA, its staff, directors, and guests. I have read and I am voluntarily signing this authorization and release. I understand that the Texas County Family YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the Y facilities or are on Y premises. I give my permission to the Texas County Family YCMA to use limitation and obligation, photographs, film footage, or tape recordings which may include my image or voice for purposes of promoting or interpreting Y programs.

Signature: \_\_\_\_\_

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