



## Small Group Training Member Agreement

Member: \_\_\_\_\_

Small Group Trainer: \_\_\_\_\_

### 1. Payment

All payments for small group training must occur at the YMCA Welcome Center or on our website faymca.org. Direct cash payments will not be accepted by a personal trainer. All payments made at the YMCA must be used at this location. Small group training fees are non-refundable and must be used within the designated time based on the start date and program length size.

\_\_\_\_\_ **Member Initials**

### 2. Missed Sessions

If you are unable to attend one of your small group training sessions, it will be lost. Scheduled sessions will continue as planned unless otherwise advised by your trainer. It is the members' responsibility to be present for scheduled training sessions.

\_\_\_\_\_ **Member Initials**

### 3. Inherent Risks and Discomforts

There exists the possibility of certain changes occurring during exercise sessions. These include abnormal blood pressure, fainting, irregular, fast, or slow heart rhythm, and in rare instances, heart attack, stroke, or death. Efforts will be made to minimize those risks by clear directions and provision of appropriate supervision during exercise.

\_\_\_\_\_ **Member Initials**

### 4. Responsibilities of the Member

To promote safety and gain benefit, the member must give priority to regular attendance and adherence to the prescribed intensity, duration, frequency, progression, and type of activity. The member must report to the trainer any unusual, new, or worsened symptoms associated with the exercise program. These include, but are not limited to, unusual shortness of breath with low level activity, pain, pressure, lightness, heaviness in the chest, neck, jaw back and/or arms, unusual fatigue with exercise, unusually fast, slow, or irregular heart rate, faintness, or dizziness.

To achieve the best possible results, the member MUST NOT:

- Withhold any information pertinent to symptoms from the personal trainer.
- Exceed heart rate or other recommendations for exercise.
- Exercise when not feeling well.

The member should always:

- Report any unusual symptoms experienced before, during, or after exercise.
- Follow all recommendation made by the personal trainer concerning limits of any exercise, weight training, or health-related activities.
- Discuss with the personal trainer any programs or concerns related to the exercise program.

\_\_\_\_\_ **Member Initials**

## 5. Use of Small Group Training Program Records

The information obtained while the member is participating in the YMCA small group training program will be treated as privileged and confidential. It will not be released to any person without the member's written consent.

\_\_\_\_\_ **Member Initials**

## 6. Choice of Trainers

Small group training packages purchased at the YMCA are exclusive to a particular trainer. To switch trainers, you will need to wait until the next group becomes available to register with that trainer. If the trainer's employment ceases for any reason, the remaining sessions in the member's package will be fulfilled by another trainer or refunded if another trainer is not available.

\_\_\_\_\_ **Member Initials**

## 7. Expiration and Holds

Small Group Training Programs must be completed within the program duration. There may be exceptions where a member can place their remaining sessions on hold due to medical needs and with written documentation from a physician. Remaining sessions will be credited back to the member to use for another small group training program in the future.

\_\_\_\_\_ **Member Initials**

## 8. Rescheduling Policy

Rescheduling will not be made if members are unable to attend certain dates within the small group program. Please review your schedule before registering to avoid any scheduling issues. If rescheduling is made by the personal trainer, the session will not be lost. An extra session will be added to the end of the package following your regular date/time schedule.

\_\_\_\_\_ **Member Initials**

## 9. Refund Policy

Small group training purchases are non-refundable and non-transferable, except in the event that a medical condition prevents the member from continuing small group training. A refund for medical reasons must be made in writing, must be accompanied by written documentation from a physician, and will only be granted for unused sessions if the member is unable to use program credits for future use.

\_\_\_\_\_ **Member Initials**

I acknowledge that I have read this form in its entirety, or it has been read to me, and I understand my responsibility in this small group training program in which I will be engaged. I accept the risks, rules, and regulations set forth. Knowing these and having had an opportunity to ask questions which have been answered to my satisfaction, I consent to participate in this small group training program.

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

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