



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITSTART

A FitStart is a private session with a member of the Wellness Team, where they will hear your fitness goals, and help you find an exercise routine based on your individual needs, interests and lifestyle, that will help you meet those goals.

First Name: _____

Last Name: _____

Date: _____ Male Female

Date of Birth: ____/____/____

Email Address: _____

Preferred Phone #: _____

Preferred Method of Contact: Email Phone

How do you feel when you come to the Y:

Right at Home Uncomfortable Scared

What are your fitness goals:

Muscle Building/Toning Weight Loss
 Sports Performance Pain Management

Please select preferred times to meet:

Monday—Friday Before 8am 8am-5pm After 5pm
 Saturday 8am-3pm

Most optimal day/time: _____

I prefer a trainer who is: Male Female I have no preference

Any additional information you would like to share with Y staff:

*Spanish Speaking

** Email completed form to Theresa at TPeasley@wwymca.org, or drop off at the Y. **

HELPING YOU REACH YOUR GOALS



HERESA



KELLI



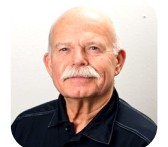
JUSTIN



ALMA*



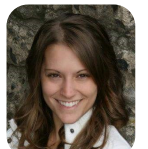
GABRIELLE



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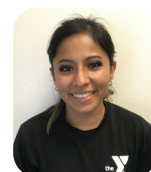
JOANNA



CARI*



TERRY



SAVVY



LIBBIE