



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP TRAINING



**Utilizing New Functional Fitness Studio!
Personalized, Affordable, Fun & Effective!**

Register with friends (3-6 per group) and accomplish your fitness goals with personalized attention at a lower cost!

Price (Members Only):

- 3 One Hour Sessions - \$30 per person**
- 5 One Hour Sessions - \$50 per person**
- 10 One Hour Sessions - \$100 per person**

(3 person minimum/all sessions must be taken as a group)

For more information or to schedule sessions contact:

Tim Howser, Fitness Director, tim@bristolymca.net / 423-968-3133

**The use of independent personal trainers not employed by the
Bristol Family YMCA is strictly prohibited.**

GROUP TRAINING REGISTRATION FORM (3 to 6 people)

1) Name _____ DOB ___/___/___
Cell# _____ email: _____ Paid \$ ___

2) Name _____ DOB ___/___/___
Cell# _____ email: _____ Paid \$ ___

3) Name _____ DOB ___/___/___
Cell# _____ email: _____ Paid \$ ___

4) Name _____ DOB ___/___/___
Cell# _____ email: _____ Paid \$ ___

5) Name _____ DOB ___/___/___
Cell# _____ email: _____ Paid \$ ___

6) Name _____ DOB ___/___/___
Cell# _____ email: _____ Paid \$ ___

Office Use Only

Staff Initials: _____

Date: ___/___/___

Today's Payment: _____

Method: _____