



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Trainer Request Form

Please complete and return to the Welcome Center
Or email to Becky Singleton at BSingleton@ymcahouston.org
MSR – Please Return form to Healthy Living Director, Becky Singleton

Name: _____ Date: _____

Email: _____ Phone: _____

Training Type: 1:1 Training Starter Package

Do you prefer a male or female trainer? Male Female No Preference

Have you worked out with a fitness professional before? Yes No

Identify the most convenient day(s) of the week to meet with a trainer.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Indicate the best time(s) you are able to meet with your trainer?

5am-8am 8am-12pm 12p-4p 4p-6p 6p-10p

How many days per week are you looking to train? _____ days

What are you looking to achieve by working with a personal trainer?

List activities you are currently involved in:

Tellepsen Family Downtown Y Personal Trainers: (by appointment only)

Karolyn Veselka
Kathleen Smith
Liz Hoffman
Sunnie Cherry
Tawnia Haas
Kate Magee

Nicholas Auger
Anthony Mixa
Dominic Cooper
Willard McGowen
CJ Wagner

Information about each trainer can be found inside the Fitness Center, or online. For further information, please contact Healthy Living Coordinator, Jennifer Hicks at Jennifer.Hicks@ymcahouston.org.

For details on pricing and packages, please see the Program Guide or the Welcome Center Desk or visit us online at www.ymcahouston.org/tellepsen-family/schedules