



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FITCOMMIT PERSONAL TRAINING

## PROGRAM DETAILS

### What is the FitCommit Program?

FitCommit is a simple, easy way to pay monthly for personal training sessions to help keep you on track with your fitness goals.

### What do I need to know to participate in this program?

- You must be a current member of the Somerset County YMCA.
- You select 2, 4, 8, or 12 monthly sessions with a Somerset Hills YMCA personal trainer and pre-pay each month.
- All FitCommit paperwork must be completed prior to first personal training session.
- Sign-ups for this program will occur on 1st or 15th day of each month.

### What if I have to miss a session?

- In the event that you cannot meet for a scheduled session, a **24-hour advance notice must be given to the Personal Trainer**, otherwise you will be charged for the session. If a Personal Trainer cannot meet for a scheduled session, a 24-hour notice will be given to you. You and your trainer may reschedule the missed session during the same month.
- If you are more than twenty minutes late for a Personal Training session and have not notified the trainer, you will be charged for the session without participating. If the personal trainer is more than twenty minutes late, and has not notified you, you will be credited a session.

### Can I hold or cancel my participation in the program?

- You may put your FitCommit Personal Training Automatic Draft on hold for up to 3 months. All holds will begin on the first day of the month and end on the last day of the month. The automatic draft will begin on the first day of the month following the hold. All hold requests must be received by the 25th of the month to guarantee processing for the next billing cycle.
- Personal Training time slots cannot be guaranteed after lengthy vacations or time away without prior communication with the assigned Personal Trainer.
- You may terminate your FitCommit Personal Training Automatic Draft by giving the Y a 30-day written notice of cancellation. You will have one final draft after the date that you have signed the cancellation form. Your personal training sessions will expire 30 days from the final draft.

### How do I get started?

- Review and complete the Automatic Draft Authorization Form on the reverse side of this document and bring it into the Welcome Center. The Membership Staff will help you set up your online monthly payments in our billing system.
  - Fill out the health screening form as completely as possible and return it to **Lisa Pensabene**, Group Exercise and Personal Training Director at **908 766 7898 x548** or email **lpensabene@somersetcountyyymca.org**. Lisa will contact you by phone to discuss next steps.
  - One of our certified personal trainers will then call you to set up your first appointment to review your fitness goals and begin to design a program just for you.
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# FITCOMMIT AUTOMATIC DRAFT AUTHORIZATION FORM

I understand that this is an on-going Personal Training payment plan, and I elect to pay by automatic draft. By making my selection below, I understand that I will be charged the fee every month and that the payment is for the current month only; I also understand that credits will not be issued for any unused sessions and that I will be drafted the full amount of my plan each month.

**PLEASE SELECT ONE PER FORM:**

| PER MONTH          | 30 MINUTES                     | 45 MINUTES                     | 60 MINUTES                     |
|--------------------|--------------------------------|--------------------------------|--------------------------------|
| <b>12 sessions</b> | <input type="checkbox"/> \$351 | <input type="checkbox"/> \$544 | <input type="checkbox"/> \$667 |
| <b>8 sessions</b>  | <input type="checkbox"/> \$234 | <input type="checkbox"/> \$363 | <input type="checkbox"/> \$444 |
| <b>4 sessions</b>  | <input type="checkbox"/> \$117 | <input type="checkbox"/> \$182 | <input type="checkbox"/> \$222 |
| <b>2 sessions</b>  | <input type="checkbox"/> \$ 59 | <input type="checkbox"/> \$ 91 | <input type="checkbox"/> \$111 |

I understand that I must have a preferred billing method on file\* before the start of the program and that my draft will be processed on either the first or 15th of every month, depending on when my plan starts. I authorize Somerset County Young Men’s Christian Association, Inc. (YMCA) to initiate an Electronic Fund Transfer (EFT).

I understand that if I wish to terminate my Personal Training Plan, I may do so by giving the YMCA a **30-day written notice. I understand that this means I will still have one final draft after the date I have given notice.** I understand that if my payment is not honored by my bank, for any reason, that I am still responsible for the payment, plus a \$25 service charge assessed by the YMCA. This is in addition to any service fee my bank may charge.

I understand that I may change plans at any time by filling out a new Draft Authorization Form.

I understand that it is my responsibility to notify **Somerset County YMCA** should I change my financial institution and/or account at any time. I understand that I can also change this information myself on my online account.

By signing below I am indicating that I fully understand the terms and conditions of this Draft Agreement and that I have reviewed and agree to the terms of the program details as described on the back of this form.

Name (please print clearly): \_\_\_\_\_

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

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

\*To set up a preferred billing method, please stop by the **Welcome Center** with this form and our **Membership Staff** will assist you by entering your information directly into our online billing system.

**Congratulations on selecting FitCommit.** You have just taken the first step toward improving your health and wellness. Each personal training session will be packed with education, exercise and expertise designed to meet your needs. We want to help you reach your fitness goals by providing you with the skills and motivation to get the best value for your investment.

## SOMERSET HILLS YMCA

A branch of Somerset County YMCA

140 Mount Airy Road | 665 Martinsville Road  
Basking Ridge, NJ 07920 | Basking Ridge, NJ 07920

[www.somersetcountyyymca.org](http://www.somersetcountyyymca.org) (P) 908 766 7898

 [Facebook.com/SomersetHillsYMCA](https://www.facebook.com/SomersetHillsYMCA)

 [Twitter.com/scymca](https://twitter.com/scymca)

The Y is the nation’s leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).