



Personal Training

Adult Personal Training Fees



What is Personal Training

Personal Training is instructed one-on-one or in-group sessions with a certified Personal Trainer who creates and delivers safe and effective exercise programs. Personal Training helps motivate clients by collaborating to set goals, provide meaningful feedback, and being a reliable source for accountability.

Let our Personal Trainers help you achieve the results you want. For more information about our Personal Training packages and rates for members and non-members, call 785-623-5900.

Application

Client: _____ Member: Y N Member/Guest #: _____

Partner (if applicable): _____ Member: Y N Member/Guest #: _____

Trainer: _____

Please complete this form for each individual doing personal training.

prices located on back side

One Hour Training

Number of Participants	Number of Sessions	Total Package Price per person	Monthly Payment Plan per person	Number of Payments per person	Price per Session per person
1	5	\$250.00	n/a	2	\$50.00
1	10	\$475.00	\$237.50	2	\$47.50
1	20	\$900.00	\$300.00	3	\$45.00
2	5	\$175.00	n/a	n/a	\$35.00
2	10	\$337.50	\$168.75	2	\$33.75
2	20	\$650.00	\$216.67	3	\$32.50

Forty-Five Minute Training

Number of Participants	Number of Sessions	Total Package Price per person	Monthly Payment Plan per person	Number of Payments per person	Price per Session per person
1	5	\$200.00	\$100.00	2	\$40.00
1	10	\$380.00	\$190.00	2	\$38.00
1	20	\$720.00	\$240.00	3	\$36.00
2	5	\$140.00	n/a	n/a	\$28.00
2	10	\$267.50	\$137.75	2	\$26.75
2	20	\$510.00	\$170.00	3	\$25.50

Half Hour Training

Number of Participants	Number of Sessions	Total Package Price per person	Monthly Payment Plan per person	Number of Payments per person	Price per Session per person
1	5	\$137.50	n/a	n/a	\$27.50
1	10	\$262.50	\$131.25	2	\$26.25
1	20	\$500.00	\$250.00	2	\$25.00
2	5	\$103.75	n/a	n/a	\$20.75
2	10	\$200.00	\$100.00	2	\$20.00
2	20	\$385.00	\$192.50	2	\$19.25

***NON-MEMBER FEES (in addition to package price):**

1 Session - \$5.50 5 Pack - \$27.50 10 Pack - \$55.50 20 Pack - \$110.00

Personal Training Policy

- Personal training fees are non-refundable and non-transferable. Purchased sessions will have a 12 month expiration date.
- The Center for Health Improvement requires that clients give a minimum of 12 hours notice for appointment cancellations. Clients will forfeit missed appointments.
- Group Training: All clients training in a group are required to attend scheduled appointments. Clients will forfeit missed appointments. If one client attends then individual session fee will apply.

Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer
 Hays Medical Center
 2220 Canterbury Drive
 Hays, Kansas 67601
 Telephone Number: 785.650.2759
 TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
 Fax: 785.623.5524
 Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

SPANISH
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE
 CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

CHINESE
 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN
 ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

KOREAN
 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777)

LAOTIAN
 ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ,
 ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

ARABIC
 ملحوظة: بالمجان لك تتوافر اللغوية المساعدة خدمات فإن اللغة اذكر تحدثت كنت إذا ملحوظة
 1-855-429-7633 (TTY: 1-800-766-3777)

TAGALOG
 PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

BURMESE
 သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ အခမဲ့ သင့်အတွက်
 စီစဉ်ပေးခြင်းဖြစ်ပါသည်။
 ဖုန်းနံပါတ် 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ဝေဖီထိုင်း

FRENCH
 ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE
 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RUSSIAN
 ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

HMONG
 LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

PERSIAN (FARSI)
 توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با (1-800-766-3777) (TTY: 1-855-429-7633) تماس بگیرید.

SWAHILI
 KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).