

# Daviess County Family YMCA

AFAA Personal  
Training



Beth Gabhart,  
RN, CPT

Daviess County Family YMCA

405 NE 3rd Street

Washington, IN 47501

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_ Date of Birth \_\_\_\_\_

# Biography

Hello, my name is Beth Gabhart. I was born and raised in Washington, IN. I attended Indiana University and became very interested in health, exercise, and wellness. I began circuit training and enjoyed the benefits of exercise such as stress relief, more energy, and overall better health. After becoming a Registered Nurse, my husband and I moved back to Washington. We became members at the Y for the same benefits, but it became more important as I had my 3 children. I have found people want to become healthier, but face obstacles such as time, motivation, and support. I became certified in a rigorous AFAA personal certification program that is respected in the medical community. I want to help design an exercise program for people that will fit their busy lifestyles and meet their fitness goals. I look forward to working with you!!

## Cancellation Policy

All cancellations must be received at least 24 hours before your session in order to avoid being charged for your session. Clients who do not cancel within 24 hours of the scheduled appointment will be charged for the session.

Since emergencies happen, you have one short notice cancellation. You will not be charged for your first cancellation with less than 24 hours notice. Subsequent short notice cancellations will be charged for the session. The short notice cancellation only applies if I am notified prior to the session start time. No-shows are not eligible for the short notice cancellation.

If you need to cancel a session call me at (812)259-1367

## Refund Policy

If for any reason, you are not satisfied with my services, I will be happy to issue a refund for services **not** performed.

I have read the above policies and agree to its terms to the personal training sessions performed by AFAA Certified Personal Trainer, Beth Gabhart.

## Costs:

- \$30 per hour
- \$160 for 6 one-hour sessions (SAVE \$20)
- \$300 for 12 one-hour sessions (SAVE \$60)

Includes: fitness assessment testing, a personalized exercise program that is continually evaluated if more than one session is purchased.

Plan Purchased \_\_\_\_\_

Begin Date \_\_\_\_\_



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY