



# Application for 5 Personal Training Sessions At the I.V. YMCA

Thanks to funds raised at the Ladd Get Your Rear in Gear 5K, a grant was written to allow current and past cancer patients to receive up to 5 personal training sessions free of charge at the Illinois Valley YMCA.

## Step #1

Simply complete the bottom portion of this application and send to Kathy Martin  
Address: 3440 E. Cleveland St. or Email: kmartingyrig@hotmail.com  
Ladd, IL. 61329

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### Application

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
PHONE#: \_\_\_\_\_  
Year of Diagnosis/Treatment: \_\_\_\_\_  
Dr. Name: \_\_\_\_\_  
Dr. Address: \_\_\_\_\_  
\_\_\_\_\_

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## Step#2

Upon notification of your acceptance please look to contact:  
Ben Fogle - Lead Trainer of the Illinois Valley YMCA  
Phone#: 815-223-7904 ext 30