



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Trainer Request Form

Name _____

Address _____

City _____ State _____ Phone _____

Email _____

Health and Wellness Information

Age _____ Gender _____ Height _____ Weight _____

Briefly describe your workout history: _____

How many cardio workouts do you do per week? _____

How many weight training workouts do you do per week? _____

Describe any physical limitations, medical conditions, or previous surgeries that may prevent you from doing certain exercises: _____

Describe the qualities you are seeking in a personal trainer: _____

Is there a specific trainer that you are interested in? _____

What are your days and times of availability? _____

30 Min. Training	
1 session	\$25
5 sessions	\$125
10 sessions	\$250
20 Sessions	\$450

1 Hour Training	
1 session	\$40
5 Sessions	\$180
10 Sessions	\$350
20 Sessions	\$680

30 Min. Buddy Training (Per Person)	
1 Session	\$15
5 Sessions	\$75
10 Sessions	\$150
20 Sessions	\$275

1 Hour Buddy Training (Per Person)	
1 Session	\$30
5 Sessions	\$140
10 Sessions	\$275
20 Sessions	\$540

Please read and understand:

I understand that if I make an appointment with a trainer and need to cancel the appointment, I must give at least a 24 hour notice. If I fail to do so, I understand the cost of the appointment can be charged to my account.

Signature _____

Date _____

Please submit completed forms to the Wellness Coordinator. Completed forms will be contacted by a trainer within 2-3 business days. To purchase sessions, please see the Front Desk. Thank you!

WE'RE HERE FOR THE BETTER.