

Personal Training Request Form



Name: _____ Phone: _____

Email: _____

Age: _____ Gender: _____ Height: _____ Weight: _____

Training Sessions and Packages

Individual-30 Minute Training		Individual-Hour Training		Buddy-30 Minute Training (Per Person)		Buddy-Hour Training	
1 session	\$25	1 session	\$40	1 session	\$15	1 session	\$30
5 sessions	\$125	5 sessions	\$180	5 sessions	\$75	5 sessions	\$140
10 sessions	\$250	10 sessions	\$350	10 sessions	\$150	10 sessions	\$275
20 sessions	\$450	20 sessions	\$680	20 sessions	\$275	20 sessions	\$540

Senior-30 Minute Training		Senior-Hour Training	
1 session	\$20	1 session	\$35
5 sessions	\$95	5 sessions	\$165
10 sessions	\$180	10 sessions	\$310
20 sessions	\$340	20 sessions	\$580

Note: Please see the website for non-member pricing. Payment for sessions and packages are due before training sessions.

Please see the reverse side for additional questions and information.

Current Workout Regimen Please circle the level at which you believe you are currently at for each activity below & briefly describe (number of days per week, duration, type):

Cardio Experience Level: Beginner Intermediate Advanced

Additional Info: _____

Resistance (weight) Training Experience Level: Beginner Intermediate Advanced

Additional Info: _____

Limitations/Concerns Please describe below any physical limitations, medical conditions, or previous surgeries that may prevent you from doing certain types of exercise. **Please be specific!**

What are your Fitness goals?

Additional Information

Training Requested Please select below the type of training you are requesting.

- Individual – 30 Minute Session(s) Buddy – 30 Minute Session(s) Senior – 30 Minute Session(s)
 Individual – Hour Session(s) Buddy – Hour Session(s) Senior – Hour Session(s)

Request a Trainer: _____

Days and Times Available Please be specific.

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 Nicole Jewell, Assistant Director of Sports & Wellness.
Please allow 2-3 business days for a trainer to contact you.

Thank you!