



Request for Personal Trainer

Check One:

- Wellness Center Member
- Non-member

Smart Start Package (new members only):

- Gold
- Silver
- Bronze

Check all that Apply:

- Fitness Personal Trainer
 - Training Sessions
 - Starter Package
 - Buddy Training (complete backside)
 - Youth Training (Dexter only)
- Nutritional Counseling
- Wellness Coaching

- Pilates Personal Training
 - Solo Training
 - Duet Training (complete backside)
- Aquatic Personal Trainer
 - Aquatic Training
 - Buddy Swim Training (complete backside)

Name _____ Date of Birth _____ Today's Date _____

Home Phone _____ Other phone _____ Email _____

Best time to reach me _____

Goals for personal training:

Physical limitations:

Preferred days and times for training:

I prefer a male trainer female trainer either

Name of trainer I'm requesting (optional) _____

Referred by _____

Agreement

By purchasing a session or package, I am agreeing to the following terms:

- Cancellation or reschedule must be done 24 hours in advance of the appointment to avoid being charged for the session.
- Must be paid in full prior to training.
- Trainee must obtain a session ticket slip at the Member Service Desk and give it to the trainer/instructor before each session.
- Regardless of arrival time, sessions will end at scheduled time.
- All sessions are non-refundable, non-transferable and must be used at the Center at which they purchased.
- All sessions expire 12 months from date of purchase.

I understand and agree to the above conditions.

Signature _____ Date _____

Purchasing a buddy pack? Complete the back side of this form.

Buddy Pack Request

Name of second person training _____ Date of birth _____

Home phone _____ Other phone _____ Email _____

Best time to reach me _____

Goals for training:

Physical limitations or injuries:

Agreement

By purchasing a session or package, I am agreeing to the following terms:

- Cancellation or reschedule must be done 24 hours in advance of the appointment to avoid being charged for the session.
- Must be paid in full prior to training.
- Trainee must obtain a session ticket slip at the Member Service Desk and give it to the trainer/instructor before each session.
- Regardless of arrival time, sessions will end at scheduled time.
- All sessions are non-refundable, non-transferable and must be used at the Center at which they purchased.
- All sessions expire 12 months from date of purchase.

I understand and agree to the above conditions.

Signature _____ Date _____

Additional Agreement

By purchasing a buddy personal training package or a duet Pilates training package, I am agreeing to the following terms:

- Both participants will be charged for sessions, even when absent, unless rescheduled 24 hrs in advance.
- "Buddies" must use the same trainer and train together during all sessions.
- No substitutes (you cannot send someone else to train in your place).

Signature _____ Date _____

Buddy Signature _____ Date _____