

Personal Training and Nutrition Coaching Interest Sheet

Please Return this Form to the Fitness Center desk

Name: _____ Today's Date: _____

Phone Number: _____ Date of Birth: _____

Email: _____

What are your Goals? (Please Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Strength Training | <input type="checkbox"/> Foam Rolling |
| <input type="checkbox"/> Cardiovascular Endurance | <input type="checkbox"/> Plyometric/Jump Training |
| <input type="checkbox"/> Weight Loss | <input type="checkbox"/> Speed and Agility |
| <input type="checkbox"/> Nutrition Coaching | <input type="checkbox"/> Youth Training |
| <input type="checkbox"/> Mobility/Flexibility | <input type="checkbox"/> HIIT Training |
| <input type="checkbox"/> Golf Assessment/Golf Training | <input type="checkbox"/> Orientation/Program Set-Up |
| <input type="checkbox"/> Functional Training | |

Please list any major injuries:

Days Available:

- | | | |
|------------------------------------|----|----|
| <input type="checkbox"/> Monday | AM | PM |
| <input type="checkbox"/> Tuesday | AM | PM |
| <input type="checkbox"/> Wednesday | AM | PM |
| <input type="checkbox"/> Thursday | AM | PM |
| <input type="checkbox"/> Friday | AM | PM |
| <input type="checkbox"/> Saturday | AM | PM |
| <input type="checkbox"/> Sunday | AM | PM |

Personal Training Cost:

- \$20 per 30 minutes or \$150 for ten 30 minute sessions
- \$30 per 30 minutes for non-members. (By appointment only. Does not include a day pass.)

If you have any questions, please stop by the Health and Fitness Desk or call our Personal Training Coordinator, Ben Maxson, at 607-547-2800 ext. 127