

Personal Training Interest Sheet

Personal Information

Name: _____

Phone Number: _____

Email: _____

Date of Birth: _____

Fitness Goals

What are your main fitness goals? (Check all that apply)

☐ Weight loss

☐ Build muscle/ Increase strength

☐ Improve endurance/cardio

☐ Improve flexibility/mobility

☐ Sport-specific training

☐ General health & wellness

☐ Other: _____

Injuries: _____

Commitment

1. How many days per week are you available to train?

☐ 1 ☐ 2 ☐ 3 ☐ 4+

2. Preferred training time:

☐ Morning ☐ Afternoon ☐ Evening ☐ Flexible

Prices

Members:

\$20 per 30 minutes or \$150 for ten 30-minute sessions

Non-Members:

\$30 per 30-minute sessions (By appointment only. Does not include day pass)

If you have any questions, please stop by the fitness desk or call Assistant Health and Fitness Director, Ben Maxson at 607-547-2800 ext. 127.