

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:

\$25 per 30 minutes or \$200 for ten 30-minute sessions

Non-Members:

\$25 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.