



PERSONAL TRAINING REQUEST FORM

Please complete this form along with the attached Fitness and Health History Questionnaire and return them to the Front Desk. A trainer will then contact you within one to three days to set up an appointment for your first meeting. Thank you.

NAME: _____ PHONE# _____

AVAILABLE DAYS AND TIMES TO MEET WITH TRAINER:

Please give a brief overview of your fitness goals so that we can match you with a trainer that best meets you needs. These goals will be discussed in greater detail with your HFC Personal Trainer.

PLEASE CHECK THE PROGRAM IN WHICH YOU ARE INTERESTED:

See our Personal Training Programs brochure to see a description of our services. *All services are to be paid in full at the time of the first appointment with your trainer. Thank you.*

- | | |
|---|---|
| _____ Body Profile \$10 | _____ P.E.P. Basic \$55 members/\$35 students |
| _____ Orientation \$20 | _____ P.E.P. Extra \$65 members/\$45 students |
| _____ Fitness Assessment \$35 members/\$25 students | _____ Revamp of a current P.E.P. \$30 |

Personal Training Packages

- | | |
|---|--|
| _____ 3 sessions = \$90.00 members.\$75 students. | _____ 6 sessions for \$180 m. \$150.00 st. |
| _____ 10 sessions for \$300 m. \$ 250.00 st. | _____ 15 sessions for \$450 m. \$375. st. |

Personal Training packages include one extra visit with your trainer for the Fitness Assessment. Personal Training packages can be paid in full or half the payment due at the first meeting with your trainer and the second half of the payment due at the last meeting.

FOR TRAINER USE ONLY

DATE RECEIVED FORM _____

DATE(S)/TIME(S) OF ATTEMPTED CONTACTS

DATE OF MEETING #1 _____

MEETING #2 _____

MEETING #3 _____

DATE OF PAYMENT _____

FRONT DESK INITIALS FOR PAYMENT VERIFICATION _____