

### Personal Training Request Form

Name: _____		Age: _____		Banner ID: @ _____				
Gender: Female <input type="checkbox"/> Male <input type="checkbox"/>		STATUS: Student <input type="checkbox"/>		Faculty/Staff <input type="checkbox"/> Alumni <input type="checkbox"/>				
Phone: _____			Email: _____					
Address: _____								
City: _____			Zip: _____					
Are you currently working with a trainer? YES <input type="checkbox"/> NO <input type="checkbox"/> If yes, whom? _____								
<p><b>Circle Requested Training Package:</b></p> <table style="width: 100%;"> <tr> <td style="width: 33%; vertical-align: top;"> <p><b>1-Hour Sessions</b></p> <p>1 session for \$25</p> <p>4 sessions for \$90</p> <p>8 sessions for \$160</p> <p>16 sessions for \$300</p> <p>24 sessions for \$410</p> <p><small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small></p> </td> <td style="width: 33%; vertical-align: top;"> <p><b>30 Minute Sessions</b></p> <p>4 sessions for \$80</p> <p>8 sessions for \$140</p> <p>16 sessions for \$240</p> <p><small>*ALL sessions are 30 minutes in duration</small></p> </td> <td style="width: 33%; vertical-align: top;"> <p><b>Share-A-Trainer</b></p> <p>1 session for \$40 (\$20 per person)</p> <p>4 sessions for \$110 (\$55 per person)</p> <p>8 sessions for \$175 (\$87.50 per person)</p> <p>16 sessions for \$320 (\$160 per person)</p> <p>24 sessions for \$425 (\$212.50 per person)</p> <p><small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small></p> </td> </tr> </table>						<p><b>1-Hour Sessions</b></p> <p>1 session for \$25</p> <p>4 sessions for \$90</p> <p>8 sessions for \$160</p> <p>16 sessions for \$300</p> <p>24 sessions for \$410</p> <p><small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small></p>	<p><b>30 Minute Sessions</b></p> <p>4 sessions for \$80</p> <p>8 sessions for \$140</p> <p>16 sessions for \$240</p> <p><small>*ALL sessions are 30 minutes in duration</small></p>	<p><b>Share-A-Trainer</b></p> <p>1 session for \$40 (\$20 per person)</p> <p>4 sessions for \$110 (\$55 per person)</p> <p>8 sessions for \$175 (\$87.50 per person)</p> <p>16 sessions for \$320 (\$160 per person)</p> <p>24 sessions for \$425 (\$212.50 per person)</p> <p><small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small></p>
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Sharing with (if applicable): _____								
Referred By: _____								
<b>Personal Trainer 1<sup>st</sup> and 2<sup>nd</sup> Preference:</b> <i>(This is only a preference- it is not a guarantee)</i>								
Preferred day(s) and time(s) of training sessions: _____								

**PLEASE NOTE:** This form must be turned in upon payment for sessions. This will ensure you that you are contacted by your trainer to schedule your first session.

*\*To receive optimum benefits from the personal training program, it is recommended that a minimum of one session be used per week.*

\_\_\_\_\_ Signature

\_\_\_\_\_ Date

**Staff Use Only:**

Date Purchased: \_\_\_\_\_ Sold by: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Method of payment: \_\_\_\_\_

Date Trainer Contacted: \_\_\_\_\_ Date of Fitness Assessment: \_\_\_\_\_