

Personal Training Request Form

Name:	Age:	Banner ID: @										
Gender: Female Male	STATUS: Student	Faculty/Staff Alumni										
Phone:	Email:											
Address:												
City:	Zip:											
Are you currently working with a trainer? YES NO If yes, whom?												
Circle Requested Training Package: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><u>Individual Training Packages:</u></td> <td style="width: 50%; border: none;"><u>Share-A-Trainer Packages:</u></td> </tr> <tr> <td style="border: none;">1 session for \$25</td> <td style="border: none;">1 session for \$40 (\$20 per person)</td> </tr> <tr> <td style="border: none;">4 sessions for \$80 (\$20/session)</td> <td style="border: none;">4 sessions for \$120 (\$60 per person)</td> </tr> <tr> <td style="border: none;">8 sessions for \$130 (\$16.25/session)</td> <td style="border: none;">8 sessions for \$180 (\$90 per person)</td> </tr> <tr> <td style="border: none;">12 sessions for \$180 (\$15.00/session)</td> <td style="border: none;">12 sessions for \$230 (\$115 per person)</td> </tr> </table>			<u>Individual Training Packages:</u>	<u>Share-A-Trainer Packages:</u>	1 session for \$25	1 session for \$40 (\$20 per person)	4 sessions for \$80 (\$20/session)	4 sessions for \$120 (\$60 per person)	8 sessions for \$130 (\$16.25/session)	8 sessions for \$180 (\$90 per person)	12 sessions for \$180 (\$15.00/session)	12 sessions for \$230 (\$115 per person)
<u>Individual Training Packages:</u>	<u>Share-A-Trainer Packages:</u>											
1 session for \$25	1 session for \$40 (\$20 per person)											
4 sessions for \$80 (\$20/session)	4 sessions for \$120 (\$60 per person)											
8 sessions for \$130 (\$16.25/session)	8 sessions for \$180 (\$90 per person)											
12 sessions for \$180 (\$15.00/session)	12 sessions for \$230 (\$115 per person)											
Sharing with:												
Referred By:												
Personal Trainer Preference:												
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: _____