



Personal Trainer Request Form

Name: _____

Phone: _____

E-mail: _____

Please list your training goals in order of importance:

- 1.
- 2.
- 3.

What times of day are you available to work with a trainer?

What (if any) injuries or medical considerations do you have?

Do you prefer a Male or Female trainer?

I am requesting the following appointment (check one):

- Free Fitness Orientation (1 or 2 year contract)
- \$20 Fitness Orientation (Non Contracted Members – please pay front desk)
- Regular Personal Training

If this is a Fitness Orientation do you have any interest in further personal training? Yes No

Please turn this form in at the front desk and a trainer will contact you as soon as possible. If you have any further questions, please speak with fitness director Shana Martin, or send her an e-mail: shana@shanamartin.com

Thank you!

Staff Notes:

*Free new member orientation for contracted members must be completed within first month of membership.