

For Office Use:

Clients Name: \_\_\_\_\_

Date Assigned: \_\_\_\_\_

Trainers Name \_\_\_\_\_

# Personalized Fitness Services

Please complete form and return to the Front Desk at the Recreation Centre. At this time, purchase your desired package/sessions. You will be contacted within 3 business days to book your first appointment. If you are unsure which package would best suit your needs, please feel free to consult with the Fitness Programmer. **Packages valid for 1 year from purchase date.**

**Please CIRCLE the type of session you would like:**

Private

Semi – Private (2 person maximum)

**Please CIRCLE the number of sessions and length of time you would like:**

First time training with us? Must purchase a minimum of 2 sessions.

## Hourly sessions

Private	Semi-Private
1 = \$50	\$25/person
2 = \$100	\$50/person
3 = \$150	\$75/person
4 = \$190	\$95/person
6 = \$270	\$135/person
8 = \$350	\$175/person
10 = \$430	\$215/person

**OR:**

## Packages

- The Basic (1.5 hours) \$75/private      \$38/semi-private
- The Basic Plus (3.5 hours) \$175/private      \$88/semi-private
- Results (12 hours) \$510/private      \$255/semi-private
- Results Plus (20 hours) \$825/private      \$415/semi-private

**Please add my email address to your Personal Training Email group:**

- Receive information about ongoing promotions, updates about services, ask questions about training and more

Email address: \_\_\_\_\_

527 Fraser Street Victoria BC (P)250.412.8500 (F)250.412.8529  
Fitness Programmer 250.412.8502 or fitness@esquimalt.ca

esquimalt.ca/recreation



## BOOKING AND CANCELLATION POLICY

I understand that the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions. **I have read and understood this policy:** \_\_\_\_\_ (initial)

I understand that clients must pre-pay for Personal Training sessions. Once I have decided how many sessions I would like to purchase, payment must be made to Esquimalt Parks & Recreation before the sessions are conducted. I understand that I have one year from the date of purchase to redeem all of my Personal Training sessions. I understand that refunds for services purchased will only be given if I am physically unable to continue with my sessions. In such an event, a doctor's note will be required. **I have read and understood this policy:** \_\_\_\_\_ (initial)

I understand that the Personal Trainers work on a scheduled appointment basis. Because of this I understand that should I arrive late, there is no guarantee I will receive a full session with my trainer. In return, if my Personal Trainer is late for a session, I will still receive the full session time. **I have read and understood this policy:** \_\_\_\_\_ (initial)

I understand that because the Personal Trainers at Esquimalt Parks & Recreation work on a scheduled appointment basis, 24 hours notice is required when canceling an appointment. No charge will be levied if I give 24 hours notice. Should I cancel an appointment with LESS than 24 hours prior notice, I will be charged in full for that session. I understand that my Personal Trainer recommends that all cancelled sessions be rescheduled to ensure consistency and fitness progress. **I have read and understood this policy:** \_\_\_\_\_ (initial)

## ASSESSING YOUR NEEDS

**Information is treated as confidential. Fill out the forms completely and accurately. Information is used to develop a safe and effective program for your needs and goals .**

Name: _____		Date of Birth: _____		Age: _____	
Name of Parent or Guardian if Applicable (18 years and under): _____					
Address: _____					
Phone: _____		(h) _____		(w) _____ (fax) _____	
Email address: _____					
Occupation: _____					
Physician's Name: _____			Phone: _____		
Chiropractor's Name: _____			Phone: _____		
Physiotherapist's Name: _____			Phone: _____		
Massage Therapist's Name: _____			Phone: _____		



**Why did you decide to invest in Personal Training Services? Please check all that apply.**

- Lose Body Fat
- Start an Exercise Program
- Safety
- Motivation
- Other: \_\_\_\_\_
- Develop Muscle Tone
- Design a more advanced program
- Sports Specific Training
- Injury Prevention
- Increase muscle size
- Correct technique

**Please indicate any trainer preferences that you may have.**

I would like a female/male/no preference trainer. (Please circle one)

I would like to make a special request to have (trainer's name)  
\_\_\_\_\_ as my personal trainer.

**FITNESS HISTORY**

Have you been exercising consistently for the past 3 months? YES NO

\*If not skip to the next section.

How long have you been consistently active for? \_\_\_\_\_

How often do you currently take part in physical exercise?

- 5-7x/week
- 3-4x/week
- 1-2x/week

If your participation is lower than you would like it to be, what are the reasons?

- Lack of interest
- Illness/Injury
- Lack of time
- Other \_\_\_\_\_

What, if any, obstacles have you encountered that hindered your ability to stick with a regular exercise program? \_\_\_\_\_

**DEVELOPING YOUR FITNESS PROGRAM**

What are the best days during the week for you to commit to your exercise program?

M            T            W            T            F            S            S

Please indicate what time of day you would prefer to conduct your training sessions:

\_\_\_\_\_



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What would an ideal training week look like? List your favorite activities, rest days, time spent.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

What activities would you like to try or learn?

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Any activities that you previously participated in that you had to discontinue? If so, why?

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### GOAL SETTING

In order to increase your chances of being successful at achieving your goals, a certain protocol should be followed. Please ensure that all your goals are 'SMART'.

- |                   |  |
|-------------------|--|
| S = Specific      | (Provide details, how long, how much, etc.)                |
| M = Measurable    | (How will you measure whether you have reached your goals) |
| A = Attainable    | (Be realistic, set smaller goals)                          |
| R = Rewards-Based | (Attach a reward to each goal)                             |
| T = Time Frame    | (Set specific dates for your goals)                        |

Please list 3 fitness goals you would like to achieve in the next 3-12 months.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

How can your Trainer help you achieve your fitness goals?

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List obstacles, actions, behaviors, or activities that could impede your progress towards accomplishing your goals (ie. not training consistently, upcoming vacation, busy season at work, not following the program, other responsibilities becoming priority over exercise, etc.)

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