

CONTACT INFORMATION

NAME:

AGE:

☐ MALE ☐ FEMALE

PHONE:

E-MAIL:

ADDITIONAL INFORMATIONTrainer Preference: ☐ M ☐ F or Name of Trainer:What type of session ☐ LAND ☐ WATER or Specify:

Package name or number of sessions requested:

Days and times preferred:

How many times per week do you currently exercise?

What type of exercise?

MEDICAL INFORMATION

Do you have any injuries or conditions (Please check)

- | | | | |
|---|------------------------------------|--|---|
| <input type="checkbox"/> Heart/Circulation | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Blood Pressure | <input type="checkbox"/> Arthritis | <input type="checkbox"/> Muscle/ Joint | <input type="checkbox"/> Recent Surgery |
| <input type="checkbox"/> Other (Please specify) | | | |

Medications:

Allergies:

Please sign below if your Doctor has recommended exercise.

Signature:

Doctor's Name:

PERSONAL TRAINING INFORMATION

Our guidelines for participation are as follows:

1. Personal Training requires payment prior to first session. Your receipt is required at the first session.
2. 24 Hours cancellation notice is required to reschedule your session.

*Thank you for completing a personal training request form, our fitness team will contact you to get you started on your fitness journey.***OFFICE USE ONLY**

Date Received:

Staff Initials:

Notes:

Our Certified Personal Trainers get you results NOW!

We offer our personal training services on land, water or a mixture of the two. Our trainers are available on **your** schedule and will design a **personalized** program to help you achieve **your** goals.

Commit 2B Fit Personal Training Package

Introductory package (\$344 = \$46 per hour for 8 hours)

* 8 hours of one-on-one personal training * Have a fitness plan created for you ; learn proper strength and conditioning techniques;
*Only available to purchase one time per person; no semi-privates available with this package. * Sessions must be used within 6 months of purchase. * Special Pricing on 10 Times Punch Pass for those that purchase the Commit 2B Fit Package.

ADVANCED PACKAGES

Results

12Hours (\$49.00/hr)

\$588(private)

\$294/person (2 people)

- Fitness Assessment: cardio, strength, measurements, flexibility
- Schedule planning your "fitness" week
- 12 hours of Personal Training
- 4 complementary facility admissions

Results Plus * best deal per hr

20 hours (\$45.00/hr)

\$860 (private)

\$430/person (2 people)

- Fitness Assessment: cardio, strength, measurements, flexibility
- Schedule planning your "fitness" week
- 20 hours of Personal Training
- 6 complementary facility admissions

HOURLY PACKAGES

We have several hourly session options, buy more and save! Bring a friend and split the cost of any of our hourly sessions.

	PRIVATE	SEMI-PRIVATE
1HR	\$57/Hour	\$30.00 Person/Hour
3HR	\$55.00/Hour	\$29.00 Person/Hour
5HR	\$53/Hour	\$28.00/Person/Hour
7 or 9HR	\$51/Hour	\$27.00/Person/Hour

To get started fill out the Personal Request Form or call 250 412-8502.

We look forward to being a part of your fitness journey.