

**CONTACT INFORMATION**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  MALE  FEMALE

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

**ADDITIONAL INFORMATION**

Trainer 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)

- Heart/Circulation       Epilepsy       Dizziness       Diabetes
- Blood Pressure       Arthritis       Muscle/ Joint       Recent Surgery
- Other (Please specify) \_\_\_\_\_

Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Please sign below if your Doctor has recommended exercise.

*A Medical Clearance form may required prior to participation*

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, one of our fitness team will contact you to get*

**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.

## THE 3 MONTH PLAN

### 3-month investment for just \$99/month!

During the initial four weeks: Weekly 1 hour sessions with a Certified Personal Trainer to develop and adapt your best program  
 After the initial four weeks: Weekly 30-minute follow up sessions or Bi-weekly 1 hour sessions to monitor and enhance your program  
 Add on UNLIMITED Facility Access: \$25/month

## ADVANCED PACKAGES

### Results

12Hours

**\$510 (private)**

**\$255/person (2 people)**

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

### Results Plus (best price per hour!)

20 hours

**\$750 (private)**

**\$375/person (2 people)**

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

### Aquatic Personal Training

**\$50/hr private**

Ideal for those who would like to start swimming, advance their skills, cross-train and those who are recovering from injury. Can be combined with any personal training package.

### Pilates or Yoga Personal Training

**\$50/hr private**

Improve flexibility and strength through Yoga or Pilates personal training. Can be combined with any personal training package.

## 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-3HR	\$50/Hour	\$25/Person/Hour
4HR-5HR	\$47.50/Hour	\$23.75/Person/Hour
6HR-9HR	\$45/Hour	\$22.50/Person/Hour
10HR	\$43/Hour	\$21.50/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.*