

## Personal Training Request Form

<b>Name:</b>	<b>Age:</b> _____ <b>Banner ID: @</b> _____																					
<b>Gender:</b> Female      Male	<b>STATUS:</b> Student      Faculty/Staff      Alumni																					
<b>Phone:</b>	<b>Email:</b>																					
<b>Address:</b>																						
<b>City:</b>	<b>Zip:</b>																					
<b>Are you currently working with a trainer?</b> YES    NO <b>If yes, whom?</b>																						
<b>Circle Requested Training Package:</b> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; text-align: center;"><u>1-Hour Sessions</u></td> <td style="width: 33%; text-align: center;"><u>30 Minute Sessions</u></td> <td style="width: 33%; text-align: center;"><u>Share-A-Trainer</u></td> </tr> <tr> <td style="text-align: center;">1 session for \$25</td> <td style="text-align: center;">4 sessions for \$80</td> <td style="text-align: center;">1 session for \$40 (\$20 per person)</td> </tr> <tr> <td style="text-align: center;">4 sessions for \$90</td> <td style="text-align: center;">8 sessions for \$140</td> <td style="text-align: center;">4 sessions for \$110 (\$55 per person)</td> </tr> <tr> <td style="text-align: center;">8 sessions for \$160</td> <td style="text-align: center;">16 sessions for \$240</td> <td style="text-align: center;">8 sessions for \$175 (\$87.50 per person)</td> </tr> <tr> <td style="text-align: center;">16 sessions for \$300</td> <td></td> <td style="text-align: center;">16 sessions for \$320 (\$160 per person)</td> </tr> <tr> <td style="text-align: center;">24 sessions for \$410</td> <td style="text-align: center;">*ALL sessions are 30 minutes in duration</td> <td style="text-align: center;">24 sessions for \$425 (\$212.50 per person)</td> </tr> <tr> <td style="text-align: center;"><small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small></td> <td></td> <td style="text-align: center;"><small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small></td> </tr> </table>		<u>1-Hour Sessions</u>	<u>30 Minute Sessions</u>	<u>Share-A-Trainer</u>	1 session for \$25	4 sessions for \$80	1 session for \$40 (\$20 per person)	4 sessions for \$90	8 sessions for \$140	4 sessions for \$110 (\$55 per person)	8 sessions for \$160	16 sessions for \$240	8 sessions for \$175 (\$87.50 per person)	16 sessions for \$300		16 sessions for \$320 (\$160 per person)	24 sessions for \$410	*ALL sessions are 30 minutes in duration	24 sessions for \$425 (\$212.50 per person)	<small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small>		<small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small>
<u>1-Hour Sessions</u>	<u>30 Minute Sessions</u>	<u>Share-A-Trainer</u>																				
1 session for \$25	4 sessions for \$80	1 session for \$40 (\$20 per person)																				
4 sessions for \$90	8 sessions for \$140	4 sessions for \$110 (\$55 per person)																				
8 sessions for \$160	16 sessions for \$240	8 sessions for \$175 (\$87.50 per person)																				
16 sessions for \$300		16 sessions for \$320 (\$160 per person)																				
24 sessions for \$410	*ALL sessions are 30 minutes in duration	24 sessions for \$425 (\$212.50 per person)																				
<small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small>		<small>*1<sup>st</sup> session is 1.5 hours, all other sessions are 1 hour</small>																				
<b>Sharing with (if applicable):</b>																						
<b>Referred By:</b>																						
<b>Personal Trainer 1<sup>st</sup> and 2<sup>nd</sup> Preference:</b> <i>(This is only a preference- it is not a guarantee)</i>																						
<b>Preferred day(s) and time(s) of training sessions:</b>																						

*\*To receive optimum benefits from the personal training program, it is recommended that a minimum of one session be used per week.*

**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.

**Refund Policy:** Refunds are only granted when there is a documented medical condition that precludes completion of the personal training program. If a refund is warranted, it is pro-rated based upon the number of sessions completed up to that point, and will include a \$15.00 processing fee. Refunds of less than \$15 will not be granted.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Staff Use Only:**

Date Purchased: \_\_\_\_\_ Sold by: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Method of payment: \_\_\_\_\_