



Personal Trainer Request

Check One:

- Wellness Center Member
- Non-Member

Smart Start Package (new members only):

- Gold
- Silver
- Bronze

Check all that Apply:

- Fitness Personal Trainer
 - Training Sessions
 - Starter Package
 - Buddy Training
 - Youth Training (Dexter only)
- Nutritional Counseling

Pilates Personal Training

- Solo Training
- Duet Training
- Aquatic Personal Trainer
 - Aquatic Training
 - Buddy Swim Training

Name _____ Date of Birth _____ Date _____

Phone _____ Email _____

Best time to reach me _____

Preferred days and times for training _____

Goals for personal training:

Physical limitations:

I prefer a male trainer female trainer no preference Name of trainer I'm requesting (optional) _____

Referred by _____

Agreement

By purchasing a session or package, I am agreeing to the following terms:

- Must be paid in full prior to scheduling.
- Regardless of arrival time, sessions will end at scheduled time.
- Sessions are non-refundable, non-transferable and must be used at the Center at which they purchased.
- Sessions expire 12 months from date of purchase. Smart Start Packages expire 6 months from date of purchase.

Additional Agreement

By purchasing a buddy personal training package or a duet Pilates training package, I am agreeing to the following terms:

- Both participants will be charged for sessions, even when absent, unless rescheduled 24 hrs in advance.
- "Buddies" must use the same trainer and train together during all sessions.
- No substitutes (you cannot send someone else to train in your place).

Cancellation Policy

We respectfully ask that you provide 24-hour notice of any cancellation request or schedule change. When appointments are canceled or missed without providing 24-hour notice, we are often unable to fill that appointment time. Other clients miss the opportunity to work with the trainer; the training schedule and earnings are disrupted. For this reason, any individual who cancels a scheduled appointment less than 24-hours in advance or does not show up for a scheduled appointment, will be charged for the session.

I understand and agree to the above conditions.

Signature _____ Date _____