

BODYWORKS PERSONAL TRAINING

Cost: \$40 for a semester

This fee includes 2 fitness assessments and weekly training sessions with your trainer. Usually you will meet with your trainer once a week and then continue your exercise plan on other days without your trainer. However there is always a trainer on duty who can assist you in any way so please ask for our help.

NAME (please print clearly) _____

Phone number _____ **E-mail address** _____

Indicate preferred times of day and days of week that you would be able to meet your trainer:

Do you have any issues/limitations that we should be aware of such as current injuries, rehabilitation or disabilities?

What are your fitness/health goals and expectations?

Do you prefer a male or a female trainer?

Have you worked with a personal trainer here before?

