



Assessment, Orientation, & Personal Training Request

Please check which services you are interested in:

Fitness Assessment

* A great way to establish a starting point and discuss your goals!

Cardiovascular Machine Orientation

* You will be taught how to use equipment safely and properly.

Weight Machine Orientation

* You will be taught proper form, set-up, and weight room etiquette.

Personal Training

* Work with one of our certified personal trainers to reach your fitness goals. The best way to get the most of our time in the gym.

* All teens ages 11-15 years must complete both orientations.

* All appointments must be scheduled at least 24 hours in advance.

* All appointments must be cancelled within 24 hours.

Members Name: _____ Date: _____

Age: _____ Sex: Male / Female DOB: _____

Phone: _____ Best time to call: _____

I prefer a trainer that is: MALE FEMALE NO PREFERENCE

Availability: Monday _____ Tuesday _____ Wednesday _____

Thursday _____ Friday _____ Saturday _____