

PERSONAL TRAINING Request Form



Member First & Last Name

Trainer

Today's date

Processed by:

To be filled out by a personal trainer and submitted to the front desk for processing.

1-ON-1 INDIVIDUAL PERSONAL TRAINING

30-Minute Sessions

<input type="checkbox"/> 4 sessions	<input type="checkbox"/> 25 sessions
<input type="checkbox"/> 8 sessions	<input type="checkbox"/> FitQuest completion incentive
<input type="checkbox"/> 16 sessions	10-30 minute sessions

55-Minute Sessions

<input type="checkbox"/> 1 session	<input type="checkbox"/> 16 sessions
<input type="checkbox"/> 4 sessions	<input type="checkbox"/> 25 sessions
<input type="checkbox"/> 8 sessions	<input type="checkbox"/> FitQuest completion incentive
	10-55 minute sessions

2-ON-1 INDIVIDUAL PERSONAL TRAINING

Member #2 First & Last Name:

30-Minute Sessions

<input type="checkbox"/> 4 sessions	<input type="checkbox"/> 16 sessions
<input type="checkbox"/> 8 sessions	<input type="checkbox"/> 25 sessions

55-Minute Sessions

<input type="checkbox"/> 1 session	<input type="checkbox"/> 16 sessions
<input type="checkbox"/> 4 sessions	<input type="checkbox"/> 25 sessions
<input type="checkbox"/> 8 sessions	

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55-Minute Sessions

<input type="checkbox"/> 1 session	<input type="checkbox"/> 16 sessions
<input type="checkbox"/> 4 sessions	<input type="checkbox"/> 25 sessions
<input type="checkbox"/> 8 sessions	<input type="checkbox"/> FitQuest completion incentive
	10-55 minute sessions

2-ON-1 INDIVIDUAL PERSONAL TRAINING

Member #2 First & Last Name:

30-Minute Sessions

<input type="checkbox"/> 4 sessions	<input type="checkbox"/> 16 sessions
<input type="checkbox"/> 8 sessions	<input type="checkbox"/> 25 sessions

55-Minute Sessions

<input type="checkbox"/> 1 session	<input type="checkbox"/> 16 sessions
<input type="checkbox"/> 4 sessions	<input type="checkbox"/> 25 sessions
<input type="checkbox"/> 8 sessions	