

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
10-30 minute sessions |
| <input type="checkbox"/> 16 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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| <input type="checkbox"/> 4 sessions | <input type="checkbox"/> 25 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

- | | |
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| <input type="checkbox"/> 1 session | <input type="checkbox"/> 16 sessions |
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