



# Roselle Park District Fitness Center

## Personal Training Application

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Home Phone \_\_\_\_\_  
Phone \_\_\_\_\_

Work

Are you a current Fitness Member? \_\_\_\_\_

Please note: Personal training is scheduled according to the Trainer's availability. However, every effort will be made to schedule new clients in. If for some reason we cannot schedule you in, you will receive a full refund or will be placed on a waiting list.

We offer several different personal training options with Certified Personal Trainers:

	<u>Member</u>	<u>Non-member</u>
<b>Fitness Evaluation/Program Design</b> Does not include any time training. The purpose is to evaluate the client, set goals and enable the trainer to write up a fitness program.	\$35	\$45
<b>Equipment Orientation</b> *Included in all initial annual memberships.	\$25	\$35
<b>Body Composition</b> This appointment takes about 10 minutes and will give you your estimated body fat percentage.	\$10	\$15
<b>1-9 Personal Training Sessions</b>	\$35/Session	\$45/Session
<b>10+ Personal Training Sessions</b>	\$30/Session	\$40/Session

Amount Paid \_\_\_\_\_ Receipt# \_\_\_\_\_ Date \_\_\_\_\_ Staff Initials \_\_\_\_\_

Scheduled Training Dates (To be filled out by Trainer)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

\_\_\_\_\_  
Trainer Signature