

Please complete form below and give to a Wellness Attendant.

Our Wellness Director will contact you to discuss your goals and set you up with a personal trainer.

(Please note there is a \$33 fee per hour session.)

Name _____ Date _____ Age _____

Phone Number _____ Email _____

Desired number of training sessions per week _____ Available times _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.							
P. M.							

Exercise History:

Have you exercised over the past 6 months? Yes No

List any health concerns _____

What are your health/fitness goals? _____

For further information contact the Wellness Director, at 352.374.9622.