



Personal Training Request Form

Name _____ Date _____

Phone Number _____ Email Address _____

Are you currently a member? Y N

Goals: _____

Limitations: _____

Availability: _____

Preferred Trainer: _____

I would like help choosing a trainer

Signature _____

Please complete and leave with the Fitness Plus Service Desk. A member of our Fitness team will follow up within 10 business days.

For office use only:

Form received by: _____ Date: _____

Information was: taken in person over the phone

Staff - Please place form in Personal Training box at the Service Desk. Fitness will follow up.

Name of Trainer Assigned: _____ Date: _____

Date Client was contacted by the Trainer: _____