

# PERSONAL TRAINING SERVICES



Our personal training services are designed to provide clients with specific exercise instruction to help them safely and effectively reach their health and fitness goals. All of our trainers hold nationally accredited certifications so you can rest assured you're receiving fitness instruction from experts in the field. First time personal training clients purchasing four or more individual sessions are required to purchase and complete a fitness assessment with their trainer. View fees below.

## INDIVIDUAL 30 MINUTE SESSIONS

Sessions	Member	Non-Member
One	\$30	\$35
Four	\$110	\$128
Eight	\$200	\$232
Twelve	\$288	\$336
Sixteen	\$368	\$432

## INDIVIDUAL 60 MINUTE SESSIONS

Sessions	Member	Non-Member
One	\$50	\$58
Four	\$192	\$223
Eight	\$375	\$436
Twelve	\$550	\$639
Twenty	\$800	\$820

## PARTNER | 2

### 30 MINUTE SESSIONS | PRICE PER PERSON

Sessions	Member	Non-Member
One	\$20	\$24
Four	\$76	\$92
Eight	\$144	\$160
Twelve	\$192	\$216

## PARTNER | 2

### 60 MINUTE SESSIONS | PRICE PER PERSON

Sessions	Member	Non-Member
One	\$35	\$40
Four	\$136	\$156
Eight	\$264	\$304
Twelve	\$384	\$444

## GROUP | 3-5

### 30 MINUTE SESSIONS | PRICE PER PERSON

Sessions	Member	Non-Member
One	\$16	\$20
Four	\$20	\$76
Eight	\$40	\$144
Twelve	\$72	\$204

## GROUP | 3-5

### 60 MINUTE SESSIONS | PRICE PER PERSON

Sessions	Member	Non-Member
One	\$30	\$35
Four	\$116	\$136
Eight	\$184	\$264
Twelve	\$264	\$384

## YOGA

### 60 MINUTE SESSIONS | PRICE PER PERSON

Sessions	Member	Non-Member
One	\$50	\$58
Four	\$192	\$223
Eight	\$375	\$436
Twelve	\$550	\$639
Twenty	\$800	\$820

## FITNESS ASSESSMENT (PRICE PER PERSON)

	Basic	Advanced	Senior
Individual	M: \$60	M: \$80	M: \$80
	NM: \$80	NM: \$100	NM: \$100
Group	M: \$30	M: \$40	M: \$40
	NM: \$40	NM: \$50	NM: \$50

# Personal Training Intake Form



Name: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

E-mail \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Personal training interest (check all that apply):

- |                                                                |                                                  |
|----------------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Strength Training                     | <input type="checkbox"/> Cardiovascular training |
| <input type="checkbox"/> Aquatic personal training in the pool | <input type="checkbox"/> Flexibility training    |
| <input type="checkbox"/> Weight management                     | <input type="checkbox"/> Balance/core training   |

Other: \_\_\_\_\_

What time of the day would you prefer to personal train?

- Morning (5am - 9am) specify: \_\_\_\_\_
- Midday (9am - 3pm) specify: \_\_\_\_\_
- Evening (3pm - 10pm) specify: \_\_\_\_\_

What days are most convenient for you to personal train?

- |                                 |                                   |                                    |                                   |
|---------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Tuesday  | <input type="checkbox"/> Wednesday | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Friday | <input type="checkbox"/> Saturday | <input type="checkbox"/> Sunday    |                                   |

Do you prefer a:  Male Trainer  Female Trainer  No Preference

Do you have a specific trainer in mind?  Yes  No

If yes, please specify: \_\_\_\_\_

Please list any specific needs that should be considered when selecting the proper trainer (i.e. - hypertension, diabetes, post physical/cardiac therapy, cancer, pre/post - natal):

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What are your main goals you would like to accomplish through personal training?

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Are you a member of Riverside Wellness & Fitness Center?  Yes  No

Personal training packages & sessions are not eligible for a refund. All purchases are final.

\_\_\_\_\_  
Signature Date

\* Signature required with purchase

Please turn in completed copy to a fitness staff member  
or scan and email to [lisa.mcneil@rivhs.com](mailto:lisa.mcneil@rivhs.com)