

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.



INDIVIDUAL 1:1 TRAINING

60-MINUTE SESSIONS

Personalized, one-on-one training focused on your goals, your way.

| SESSIONS | MEMBER | NON-MEMBER |
|----------|--------|------------|
| One | \$55 | \$65 |
| Four | \$215 | \$250 |
| Eight | \$415 | \$480 |
| Twelve | \$605 | \$720 |
| Twenty | \$880 | \$980 |



GROUP 2-4 PEOPLE

60-MINUTE SESSIONS

Train with a partner or group for motivation, support and shared goals.

| SESSIONS | MEMBER | NON-MEMBER |
|----------|--------|------------|
| One | \$40 | \$45 |
| Four | \$150 | \$170 |
| Eight | \$290 | \$330 |
| Twelve | \$420 | \$480 |



READY TO GET STARTED?

Fill out the personal training form on the back or visit our website to get started today!



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 (5:30am - 9am) specify: _____
- Midday (9am - 3pm) specify: _____
- Evening (3pm - 7pm) 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):

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

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 our front desk
or scan and email to Connor.Mcneil@rivhs.com**