

# 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 (5am - 9am) specify: \_\_\_\_\_
- Midday (9am - 3pm) specify: \_\_\_\_\_
- Evening (3pm - 7:30 pm) 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 [Lisa.Mcneil@rivhs.com](mailto:Lisa.Mcneil@rivhs.com)**