



REQUEST FOR PERSONAL TRAINING

Name: _____ Date: _____

Address: _____
Street City Zip

Home Phone: _____ Work Phone: _____

Physician: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Trainer Preference: ☐ Female ☐ Male ☐ Specific: _____
(Name of Trainer)

Would you consider yourself a: ☐ Beginner ☐ Intermediate ☐ Advanced

Physical restrictions or medical complications: _____

Goals and objectives: _____

Interests: _____

Exercise History: _____

Time and days you would be requesting a Personal Trainer: _____

Please Note: In case of a conflict it is required that the client notify the Personal Trainer 6 hours in advance of the scheduled session or the client will be charged the full cost of the session.

OVER

Pavilion Fitness Personal Training Client Guidelines

- Payments must be made 24 hours in advance of the session
- If a session needs to be cancelled by the Client, the Client must contact the Trainer either by Pavilion Voicemail # _____ or Trainer's personal phone # _____ or Pavilion Fitness Front Desk 847-228-3494 as soon as possible
- If cancellation notice is not given prior to 24 hours of scheduled appointment, the appointment will be charged the full cost of the training session
- If the Client is more than 15 minutes late, the session is considered missed and will be charged the full cost of the training session
- If the Client is running late, please contact the Pavilion Fitness Front Desk 847-228-3494 and have the Trainer advised
- Sessions are scheduled for 30 or 60 minutes, if the Client is late for the scheduled appointment, it is not the Trainer's obligation to continue training past the original ending time
- If the Client is forced to cancel due to an emergency, the charges will be waived for that training session
- If the Trainer is late for the scheduled appointment, it is the Trainer's responsibility to make up that time. Please understand it may not be possible on that particular day
- All Sessions must be used within 6 months of date of purchase

I have read and understand the terms of this contract. If for any reason the Client/Trainer relationship is not conducive to a productive personal training session, the Client/Trainer has the right to terminate this contract at anytime. Notice must be given to the Fitness/Wellness Coordinator verbally or in writing immediately.

Client Signature

Date

Trainer Signature

Date

FOR OFFICE USE ONLY

CALL LOG

	Date	Time of Call	Spoke With	Call Results
1.				
2.				
3.				

Legend:

LM Left Message
WK Work
NO No Answer

VM Voice Mail
HO Home
WN Wrong Number

Notes:
