PERSONAL TRAINING
Let Us Help You Achieve Your Wellness Goals

REGISTRATION FORM

Personal Training is available to Campus Recreation Center members. To obtain services, please complete the registration form. Additional health history will be provided when payment is made. Payment may be made in-person in the Campus Recreation Center office. Payment must be received before services are rendered. Once all paperwork and payment are received, you will be contacted within three business days to schedule your initial consultation and fitness assessment.

PERSONAL INFORMATION

Name ___________________________________________________

Home/Cell Phone _______________________________________

Email ___________________________________________________

Sex:  q  Male  q  Female  Age _______________

Please Check One:
q  Faculty  q  Staff  q  Student
q  Retired Faculty  q  Dependent  q  Spouse

SERVICE(S) REQUESTED  Check all that apply.

q  One Session Package, $20
q  Five Session Package, $65
q  Ten Session Package, $110
q  Phase I Personal Program, $50
q  Phase II Personal Program, $35
q  One Partner Training Session, $15/person
q  Five Partner Training Sessions, $50/person

Continued on reverse. Please fill out completely.
YOUR PERSONAL PROGRAM

These packages are designed for individuals who are self-motivated and want to work independently. A personal trainer will develop an exercise program specifically to fit your goals.

Phase I   $50
Fitness Assessment, 2 Personal Training Sessions, and a Personal Exercise Program (8 weeks).

Phase II   $35
1 Reassessment/Personal Training Session, and Personal Exercise Program (8 weeks).

INDIVIDUAL TRAINING SESSIONS

These packages are designed for clients who are looking for someone to keep them motivated and accountable. Each package includes a fitness assessment plus the number of indicated sessions*.

One Session Package $20
Five Session Package $65
Ten Session Package $110

*All personal training sessions are 1 hour in length.

PARTNER TRAINING SESSIONS

We also offer personal training for you and your workout partner. To get the most out of your sessions, it is recommended that you and your friend have a common goal and similar workouts.

One Partner Session $15/person
Five Partner Sessions $50/person

* All personal training packages are non-refundable. Single and Five session packages are good for 60 days from the original date of purchase. Ten session packages are good for 120 days from the original date of purchase.

Achieve your health and wellness goals with the help of a Personal Trainer.

REGISTRATION FORM CONTINUED

Availability
To better accommodate your training needs, please indicate your best days and times for sessions.

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Trainer Requested ____________________________

Make Checks Payable To:
WCU Campus Recreation Center
379 Memorial Drive | Cullowhee, NC 28723

OFFICE USE ONLY:

DATE: ________ AMOUNT: ________ STAFF: ________