

Personal Training Interest Form

Thank you for your interest in Personal Training at the Cooley Center. In order to connect you with your ideal trainer, we ask you answer a few questions so we can get in contact with you and follow up on your fitness goals and personal training aspirations.

Name: _____ Email Address: _____

Phone Number: _____

What are you main fitness goals? (Select all that apply):

- Strength Gain
- Weight Loss
- Weight Gain
- Maintenance
- Definition
- Conditioning
- Athletic Performance
- Medical reasons
- Other: _____

Do you have any injuries or conditions that hinders your ability to exercise? Yes ___ No ___

If Yes, Explain: _____

What is your availability? (Specify times)

Mon _____ Tues _____ Wed. _____ Thurs _____ Fri. _____

How many times would you like to train per week? _____

What center would you prefer to train at? Cooley ___ SPH ___ Both ___ No Preference ___

Are you interested in small group (2-4 people) training at a discounted rate? Yes ___ No ___

Do you prefer a male or female trainer? Male ___ Female ___ No Preference ___

Would you like a specific trainer from the Cooley Staff? Yes ___ No Preference ___

If yes, indicate your preferred Trainer: _____

<i># Sessions</i>	<i>1 person</i>	<i>Price Breakdown</i>
1	\$60	
3	\$165	\$55/each
5	\$250	\$50/each
8	\$360	\$45/each
10	\$400	\$40/each
16	\$600	\$37.50/each