



FITNESS CENTER PERSONAL TRAINING (Members Only)

*An ACE certified Personal Trainer is here to help track progress, provide motivation and give guidance to members in regards to exercise techniques and healthy lifestyle choices.
Please fill out the following information and pay at the front desk.*

Contact Information

Date: ___ / ___ / ___

Name _____
Address _____
Phone # _____ Cell # _____
City _____ State _____ Zip _____
Birth Date _____ Age _____
Email _____

Level of Experience (Circle one) : Beginner Novice Expert
Single and Group Training Packages
60 minute sessions

Package	Single	Tandem	Group of 3 or more
A - 1 Session	\$40	\$35 per person	\$30 per person
B - 3 Sessions	\$117	\$102 per person	\$87 per person
C - 5 Sessions	\$190	\$165 per person	\$140 per person
D - 10 Sessions	\$370	\$320 per person	\$270 per person

Circle: Single Tandem Group of 3 or more
Circle Package: A B C D

If Tandem or Group, list members included:

AMOUNT PAID: _____ **Check #:** _____ **Cash:** _____

Cancellation Policy: Must allow 24 hours to cancel appointment or you will be charged for that session!

The Personal Trainer will be in contact with you to set up your Session.

Attention Participants

I the undersigned as a participant in the Merrick County Health & Fitness Center Program, hereby acknowledge the existence of and assume full responsibility for certain risks associated with this program which may cause damage to property or personal bodily injury or death, and furthermore, herewith agree to indemnify and hold forever harmless the Merrick County Health & Fitness Center. The MCHFC has permission to use any photograph or video of me in its promotional material. I have read the entry information provided and certify my compliance by my signature below. I also understand that the entry fee I pay is non refundable.

Signature: _____ Date: _____