

PERSONAL TRAINING

Interested in Personal Training? Sign up for a session at the Timbers! The Timbers offers a number of personal training options for ages 12 and up.

Individual Personal Training

Small Group Training

Fitness Assessment

Youth Fitness Orientation

(required for ages 12 - 15)

Register at The Timbers Front Desk using the request form on the back side of this flyer.

Please note, payment is due at time of registration.



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PT REGISTRATION FORM

Check Your Desired Class and Complete Info Section

Payment is due at time of registration

_____ **New Client Package:** \$120 (Includes 3 sessions with personal trainer)

_____ **Individual Training:** (Circle One)

4-Pack: M \$230 / R \$253 / NR \$276

8-Pack: M \$435 / R \$479 / NR \$522

_____ **Small Group Training:** (Limit 5 per group, Circle One)

4-Pack: M \$165 / R \$182 / NR \$198 (Per Person)

8-Pack: M \$300 / R \$330 / NR \$360 (Per Person)

_____ **Fitness Assessment:** \$30 (Overall assessment of health and fitness)

_____ **Youth Fitness Orientation:** \$30/child, \$15 additional child in same family
(Required for youth ages 12 - 15 to use the fitness center)

Participant Information

Participant Name: _____

Parent Name (for YFO only): _____

Gender: _____ Date of Birth: _____ Age: _____

Primary Phone: _____ Email Address: _____

Address: _____ City: _____

Zip: _____ Desired Day/Time For Training: _____

(Trainer will contact you within 5 business days to find a time that works for both parties)

Client Special request: _____

Cancellation Policy: The cancellation fee for a program is \$5 prior to the beginning of the second class. Refunds will not be given if requested after the second class meeting unless for medical reasons. If a refund is requested for medical reasons, a prorated share of fees paid will be refunded.

Payment is due at time of registration

OFFICE USE ONLY

(enter through POS attaching participants name to transaction)

Staff Initials: _____ Date: _____

Payment Amount: _____ Type of Payment: _____

(Make sure program is sold to participant not parent)