

Kings Bay MWR Fitness Complex

Personal Training Request Form



Name: _____

Date: _____

Phone Number: _____

E-Mail: _____

Incentive Program Member (Circle One): **Yes** **No**

Preferred Appointment Times

(Check all preferred days and times)

	Monday	Tuesday	Wednesday	Thursday	Friday
0800-0900					
0900-1000					
1000-1100					
1300-1400					
1600-1700					
1700-1800					
1900-2000					

Service Requested* (Check One)

- Initial Fitness Consultation
- Initial Fitness Consultation with Personal Training Package

Additional Information

OFFICE USE

Appointment date/time: _____ Assigned Instructor: _____ Date Contacted: _____

Personal Training Service Descriptions

- **Initial Consultation:** One 30-minute medical history consultation with a certified fitness specialist. The trainer will review exercise history, fitness goals, and provide fitness resources specific to the client's fitness objectives. This consultation is required prior to starting any personal training package.
- **Fitness Assessment:** 30-minute assessment of body composition, measurements, and general key fitness components.
- **Personal Training Packages**
 - **One and Done Package: \$30.00**
 - Initial Fitness Consultation
 - Fitness Assessment
 - Includes one 30-minute session with one of our certified personal trainers
 - Tailored 1-week fitness program
 - **Jump Start Package: \$100.00**
 - Initial Fitness Consultation
 - Fitness Assessment
 - Four 60-minute personal training sessions
 - Tailored 4-week fitness program
 - ***Expires 3 weeks from purchase date***
 - **Full Throttle Package: \$175.00**
 - Initial Fitness Consultation
 - Five 45- to 60-minute personal training sessions
 - Tailored 8-week fitness program
 - ***Expires 3 weeks from purchase date***
 - **Partner Package: \$150.00**
 - Initial Fitness Consultation
 - Fitness Assessment
 - Four 60- to 75-minute personal training sessions for 2 people ONLY
 - ***Expires 3 weeks from purchase date***
 - **Group Package: \$400.00**
 - Initial Fitness Consultation
 - Eight 60- to 75-minute personal training sessions for 3-5 people ONLY
 - ***Expires 6 weeks from purchase date***

****All consultations and packages are scheduled by appointment only. After requests are submitted, they are fulfilled on a first come, first served basis.***

Contact (912) 573-3990 with any questions/concerns.