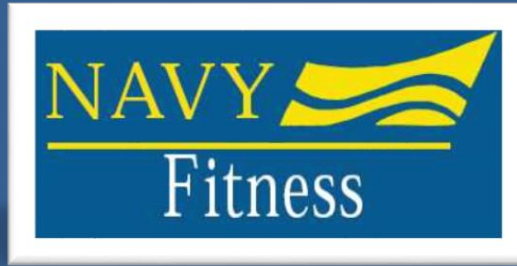


KINGS BAY MWR FITNESS DEPARTMENT INSTRUCTOR REQUEST FORM



NAME: _____

DATE: _____

PHONE NUMBER: _____

E-MAIL: _____

PREFERRED APPOINTMENT TIMES

(CHECK ALL PREFERRED DAYS & TIMES)

	Monday	Tuesday	Wednesday	Thursday	Friday
0800-0900					
0900-1000					
1000-1100					
1300-1400					
1600-1700					
1700-1800					
2000-2100					
2100-2200					

SERVICE REQUESTED

(CHECK ONE)

- ☐ INITIAL FITNESS CONSULTATION
- ☐ INITIAL FITNESS CONSULTATION WITH PERSONAL TRAINING PACKAGE

ADDITIONAL INFORMATION




STAFF USE


Appointment date/time: _____

Assigned Instructor: _____

Date Contacted: _____

Personal Training Service Descriptions

- **Initial Consultation-** A 15-30 minute medical history consultation with a certified fitness specialist that is required before starting any personal training package. The trainer will review exercise history, fitness goals, and provide fitness resources specific to the client's fitness objectives.
- **Personal Training Packages:**
 - **One and Done Package- \$30.00**
 - Includes one 30-45 minute session with one of our certified personal trainers. Please note a fitness consultation is required before beginning this session for safety precautions.
 - **Jump Start Package- \$100.00**
 - Initial Fitness Consultation
 - Four 60 minute personal training sessions (to learn workout program that will be provided)
 -  Physical Assessment (Bod Pod for body fat percentage reading)
 - Tailored 4-week fitness program
 - ***Package expires 3 weeks from purchase date**
 - **Full Throttle Package- \$175.00**
 - Initial Fitness Consultation
 - Five 60-75 minute personal training sessions (to learn workout program that will be provided)
 -  Physical Assessment (Bod Pod for body fat percentage reading)
 - Tailored 8-week fitness program
 - ***Package expires 3 weeks from purchase date**
 - **Partner Package- \$150.00**
 - Initial Fitness Consultation
 - Four 60-75 minute personal training sessions for 2 people ONLY.
 -  Physical Assessment (Bod Pod for body fat percentage reading)
 - ***Package expires 3 weeks from purchase date**
 - **Group Package- \$400.00**
 - Initial Fitness Consultation
 - Eight 60 minute personal training sessions for 3-5 people ONLY.
 - ***Package expires 6 weeks from purchase date**

 ***For patrons only interested in a Physical Assessment, Bod Pod Appointments, AND Registered Dietitian meal plans are made through the Health Promotion and Wellness office at (912) 573-4237 and offered free of charge as a single service.***

****PLEASE NOTE THAT ALL CONSULTATIONS AND PACKAGES ARE SCHEDULED BY APPOINTMENT ONLY. AFTER REQUESTS ARE SUBMITTED, THEY ARE FULFILLED ON A FIRST COME, FIRST SERVE BASIS. CONTACT (912) 573-3990 WITH ANY QUESTIONS/CONCERNS.***