

Personal Training/Initial Consult Enquiry Form

Please indicate which service you are interested in:

- Personal Training
- Initial Consult and Gym Program (60-minutes with a PT. Includes goal setting, movement screening and an exercise plan. You'll leave with an individualised gym program to follow on your own.).

Date:

Name:

DOB:

Current Member: Yes Member Number

No (please note additional casual fee applies to non-members per visit)

Email:

Phone:

The best time to contact me is:

My Preferred Site(s): Pridham Hall Gym Magill Gym City East Gym

My Preferred Training Day/Time is:

Monday 7am-9am 9am-12pm 12pm-4pm 4pm-7pm Other:

Tuesday 7am-9am 9am-12pm 12pm-4pm 4pm-7pm Other:

Wednesday 7am-9am 9am-12pm 12pm-4pm 4pm-7pm Other:

Thursday 7am-9am 9am-12pm 12pm-4pm 4pm-7pm Other:

Friday 7am-9am 9am-12pm 12pm-4pm 4pm-7pm Other:

What is your main reason for wanting Personal Training or a Gym Program and what goals would you like to achieve?

What is your current activity level and which sports or physical activities do you regularly do?

Do you have any limitations/injuries?

Personal Trainer Preference: Male Female Don't mind

Desired Start Date:

Thank you for completing our Personal Training/Initial Consult Enquiry Form. A Personal Trainer will contact you within 7 days.

OFFICE USE ONLY Emailed Facility Coordinator Saved on Adelaide University Drive Entered by: