

PERSONAL TRAINER REQUEST FORM



Please provide all relevant details:

Date: ___/___/_____

Name: _____

Contact Number: _____

Email Address: _____

Home Address: _____

Best time to contact on phone?

Time between _____ - _____

Preferred Contact (please circle) *MOBILE / EMAIL*

Desired time to train:

Day(s): _____

Time(s): _____ (AM or PM)

Duration (30 or 60min): _____

Frequency (sessions/wk): _____

Major Training Goals:

Do you have any past/present injuries? Y/N

Details: _____

Do you prefer a Male or Female Personal Trainer? M/F/N-A

Any additional comments:

Thank you for your request, the Team at Beatty Park Leisure Centre will endeavour to contact you within 3 days of submitting your details.

Trainers name initiating this request: _____

Trainer's comments: _____
