

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:

--