



Fitness Service Request Form

Name: _____

Date: _____

Phone Number: _____

Age: _____

Email Address: _____

___ **M** ___ **F**
(please check one)

Trainers are available Monday – Friday from 7 AM- 6 PM. Please indicate the days/times of your availability below. Please note that the availability of the trainers is based on first come-first serve sign up, client availability, and the trainers' schedule. Most training appointments are booked within 1 – 3 weeks from date of request.

Mon	Tue	Wed	Thur	Fri

Specific Training Service Requested:

___ Fitness Consulting and Counseling

___ Small Group Fitness Training

___ Health and Fitness Evaluation

___ Exercise Program Design

___ Body Fat Assessment

___ Program Update

___ Sport-Specific Training

___ Other: _____

Have you met with a Plex fitness trainer before? ___ Yes ___ No

Have you ever completed a trainer service application? ___ Yes ___ No ___ Not Sure

Please complete this form and drop it off at the fitness office located at the back-right-hand corner of the strength training area in the Plex. Once the trainers receive your request, you will be contacted to set up an appointment.