

Lake Bluff Health & Fitness Center

Personal Training

January 2015

Date ____/____/____

Name _____ Address _____

City _____ State _____ Zip _____

Home Phone (____) ____ - ____ Mobile/Work (____) ____ - ____

Email _____

Circle Correct Fee

Personal Training	Registrant's First Name	M/F	Date of Birth MM/DD/YY	Member	Non-Member
INDIVIDUAL					
1/2 hour				\$35	\$40
1 hour				\$60	\$65
5 hours				\$285	\$310
10 hours				\$510	\$560
SEMI-PRIVATE (2 people)					
1/2 hour				\$25 each	\$30 each
1 hour				\$45 each	\$50 each
5 hours				\$210 each	\$235 each
10 hours				\$360 each	\$410 each
SMALL GROUP (3+)					
1 hour				\$30 each	\$35 each
5 hours				\$125 each	\$150 each
10 hours				\$200 each	\$250 each
Fitness Assessment				\$30	\$30
Equipment Orientation				\$30	\$30

PAYMENT OPTIONS

Total Due \$ _____ Cash Checks payable to Lake Bluff Park District: Check # _____

Credit: (Circle One) MasterCard Visa Card # _____

Exp. Date ____/____ Signature _____

TWO SIGNATURES ARE REQUIRED ON BACK SIDE OF FORM

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I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in this program and fitness testing may be injurious to my health, am voluntarily participating in Personal Training Sessions.

Having such knowledge, I hereby release **Lake Bluff Park District**, its representatives, agents, employees, heirs, and successors from any liability for accidental injury or illness that I may incur as a result of participating in fitness testing, exercise program, or any or all screening procedures. I hereby assume all risks and consent to participate in said program.

Date: ____/____/____

Signature Required: _____
(18 years or older or Parent/Guardian)

USE & CANCELLATION POLICY

Lake Bluff Health & Fitness Center Personal Trainers work on a scheduled appointment basis. Clients must give a 24 hour notice when canceling an appointment. This means a cancellation should be made at least 24 hours ***before the scheduled appointment***. Personal training sessions cancelled inside of 24 hours of the scheduled appointment will be billed at the normal rate of a single session.

I understand that my personal training sessions expire one-year from the date of purchase. Personal training sessions are non-transferrable and packages cannot be shared. All participants in small group packages MUST be able to work out together or the session will be rescheduled.

I have read the above and understand and accept these policies as they relate to personal training procedures with my Lake Bluff Health & Fitness Center trainer.

Signature Required: _____
(18 years or older or Parent/Guardian)