

# PERSONAL TRAINING

Please complete and submit this form in the personal training referral card box and we will respond shortly. You may also call the Fitness Director at 365-7364 for more information.

Name \_\_\_\_\_

Age \_\_\_\_\_ Date \_\_\_\_\_

Member No. \_\_\_\_\_

Evening Phone \_\_\_\_\_

Day Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

## PERSONAL GOALS (circle all that apply)

- Economize Workout Time • Relieve Stress
- Improve Posture • Tone & Firm
- Injury Rehabilitation • Improve Strength
- Improve Flexibility • Gain / Lose Weight
- Improve Cardiovascular • Strengthen Bones
- Improve Motivation • Sport Specific Training
- Other

## CIRCLE PREFERRED CLUB(s)

- North • South • The Summit • East • West
- Club For Women • Downtown • Midtown
- Express Jewel Lake • Express Muldoon
- Express Palmer • Eagle River • Valley

## CIRCLE PREFERRED WORKOUT TIME(s)

- 5-8am • 8-11am • 11am-2pm
- 2-4pm • 4-7pm • 7-10pm

## CIRCLE PREFERRED TRAINER

- Male • Female • No preference

The Alaska Club

# PERSONAL TRAINING

www.TheAlaskaClub.com/personaltraining

## SESSION PRICING

Ask a Personal Trainer about 0% financing on 3, 6, 9 or 12 month payment plans for multiple session packages.

<b>ONE PERSON</b>	ADVANCED	EXPERT	MASTER
Single Session Package	\$65	\$75	\$85
6 Session Package	\$290	\$350	\$425
12 Session Package	\$540	\$672	\$792
18 Session Package	\$755	\$945	\$1,120
24 Session Package	\$1,000	\$1,240	\$1,465
36 Session Package	\$1,440	\$1,800	\$2,160

	ADVANCED	EXPERT	MASTER
<b>TWO PERSON</b> Session	\$30	\$40	\$55
<b>THREE PERSON</b> Session	\$25	\$35	\$50
<b>FOUR PERSON</b> Session	\$20	\$25	\$40

(sessions priced per person)

Multiple session packages available.

