



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training Request Form

First & Last Name: _____

Email: _____

Phone: (_____) _____ - _____

I prefer to work out in the: (Check any that apply)

Early Morning (5AM-9AM)

Late Morning (9AM-12PM)

Afternoon (12PM-4PM)

Evening (4PM-9PM)

Personal Trainer Preferences: Male Female No Preference

I prefer to train with:

Virginia Geurkink

Mike Ford

Jim Zellner

Kim Power

Kelly Haggard

Stephanie Settle

Dallas Rice

Leigh Mahoney

Zhaohui Li (Lisa)

Gretchen Samuels

No Preference

The type of personal training I prefer/am looking for is:

Aquatic Personal Training

Land Personal Training

Buddy Training

Not sure

Tell us a little about yourself. Please describe any injuries or problem areas:

PLEASE SAVE THIS FORM AND EMAIL IT TO: wicker@ymcanorman.org