

Please check one:  
 Pass Holder  
 Non-Pass Holder

## Greater Plymouth Community Center

# Semi-Private Training Request Form

Name \_\_\_\_\_



Date \_\_\_\_\_

Phone # \_\_\_\_\_

Age \_\_\_\_\_

Please note, if you are age 50+ and/or have any medical condition, you will need a doctor's note prior to participating in the training. If we have received one in the last year and you have not been treated for any additional medical conditions we can honor that referral.

List your preferred day(s) to train: \_\_\_\_\_

List your preferred time(s) to train: \_\_\_\_\_

How often would your group like to work out with a Personal Trainer?

- Weekly (\_\_\_\_\_ times per week)
- Other. Please specify \_\_\_\_\_

What is your current level of physical activity?

- Low (0 – 2 hours/wk)
- Moderate (3 – 4 hours/wk)
- High (over 5+ hours/wk)

What is your primary goal for obtaining semi-private training?

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Names of people in your group:

Please list the names of the people that will be in your group (3 – 5 clients):

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Notes: \_\_\_\_\_

\* A trainer will contact you asap to get you set up for the training! Only Greater Plymouth Community Center Trainers may train in our facility. All of our trainers either have BS degrees in Exercise Science and/or Personal Training Certifications from accredited organizations, CPR & First Aid Certified, & AED trained.

**Rates:** Pass Holders \$29/hr session ; Non-Pass Holders \$35/hr session  
(Minimum 4 – one hour sessions must be purchased. Minimum 3 people in your group). Tailor the number of sessions to meet your group's goals!