

Participant Availability

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5 am							
6 am							
7am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

Cancellation & Rescheduling Policies:

Participants must inform their trainer of any need to cancel or reschedule a session. To avoid unnecessary charges, please notify your trainer at least 24 hours prior to your scheduled session. If cancellation is not made at least 24 hours prior to scheduled session, amount equivalent to one session will be charged. Pre-purchased sessions are not transferable.

FOR OFFICE USE ONLY

Received by: _____ Date: _____

Instructor Assigned: _____

Participant Called back on: _____

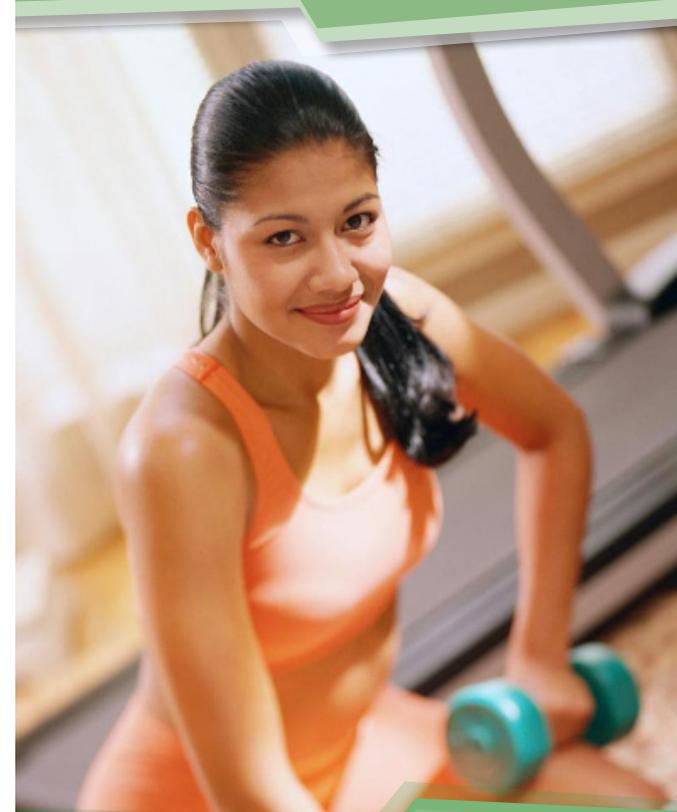
Start Date: _____

Comments: _____



**WARRENTON
AQUATIC &
RECREATION
FACILITY**

PERSONAL Training



**800 Waterloo Road
Warrenton, VA
(540)349-2520
www.warrentonva.gov**

Maximize your health and physical potential with customized attention from one of our certified instructors. Our instructors are able to recognize your current ability level, health concerns and special needs and guide you on proper form and techniques. Why not get the best information right from the start to help you improve safely and achieve measurable results?

FEES

Personal Training*

Program Package	Cost Per Session	Cost Per Package
1 session	\$55.00	\$55.00
5 sessions	\$49.80	\$249.00
10 sessions	\$47.50	\$475.00

Fitness Assessment

Work with a personal trainer to evaluate your fitness level in several important categories. At the completion of the evaluation, your personal trainer will recommend a fitness program designed to meet your individual goals.

One 50 minute session
\$45.00

Parent/Teen Certification

Children 15 & under are not permitted in the Fitness Room. Teens 13-15 may complete a Parent/Teen Training Orientation in order to gain access to the Fitness room when accompanied by a parent or guardian.

Member Cost	Non-Member Cost
\$30.00	\$55.00

* Each session is 50 minutes in length

updated 3.11.2015

How to Get Started

Complete this Personal Training Interest Form, detach and return to the Front Desk. An instructor will contact you to schedule your sessions. **Payment must be made before your first session.**

Member/Guest No.

Personal Training Request Form

Name _____ Date _____

Parent/Guardian (If Applicable) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Gender _____ Date of Birth _____ Age _____

Are you a WARF member? Yes No

What type of instruction are you interested in?

- Individual Personal Training
 Parent/Teen Certification
 Fitness Assessment

How many sessions would you like to schedule? _____

What would you like to accomplish? _____

Are you interested in working with a particular trainer?

Please indicate availability on back side of this form...