

Goal Specific Small Group Training at the WARF is perfect for those ready to narrow their fitness objectives. Personal Trainers will provide targeted exercise regimens for predetermined goals shared by two to four people. Experience the benefits of having a Personal Trainer, who can ensure proper form and variety, while sharing the cost and fitness aim with others. Join with a couple of friends who share the same fitness desires as yourself and let the qualified WARF Trainers help you reach measurable results.

Participant Availability

Please offer a variety of times available.

	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 at least 24 hours prior to the scheduled session to avoid being charged. If a session is to be rescheduled, it must be agreed upon amongst all participants and the Trainer. Since sessions meet with multiple participants, if one participant does not show, they will be charged for that session. Make-up sessions are NOT available for Goal Specific Group Training.

FOR OFFICE USE ONLY

Received by: _____ Date: _____



Goal Specific Group Training



800 Waterloo Road
Warrenton, VA 20186
(540)349-2520
www.warrentonva.gov

FEES

Goal Specific Group Training*

Sessions	2 people	3 people	4 people
6	\$240.00 per person (\$40 per session, per person)	\$210.00 per person (\$35 per session, per person)	\$180.00 per person (\$30 per session, per person)
12	\$462.00 per person (\$38.50 per session, per person)	\$396.00 per person (\$33 per session, per person)	\$330.00 per person (\$27.50 per session, per person)

* Each session is 50 minutes in length

Frequently Asked Questions:

Q: What is Goal Specific Small Group Training?

A: Goal Specific Small Group Training is a group of 2-4 participants who are all training towards the same (or similar) fitness goals. Research shows that members involved in programs with others are more likely to stick with it!

Q: Do I need my own group to participate?

A: Having your own group will expedite the process and potentially allow you a faster starting date. However, you can wait and be matched with others as groups are formed.

Q: How does this differ from a Specialty Class?

A: A Specialty Class hosts a larger number of participants, therefore addressing numerous goals and needs of a variety of people. While a Specialty Class may meet your goal, it is not necessarily designed specifically for you.

Q: How is this different from Personal Training?

A: While very similar, Goal Specific Small Group Training offers camaraderie amongst those with similar objectives. Receive support and motivation, not only from your Trainer, but from the other members of your group. Additionally, the shared cost may fit in to your budget better, still receiving a tailored experience and individual attention.

Q: Are there make-up sessions if I miss one?

A: No. One of the benefits of Goal Specific Small Group Training is the accountability not only to yourself and your Trainer, but to the others in your group.

Q: Why do I have to purchase a minimum of six sessions?

A: The WARF wants you to succeed in meeting your goals. Consistency and commitment are key in doing so, and we feel that many short term goals can be obtained in that time-frame.

How to Get Started

Complete this 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.

Goal Specific Group 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 goal specific training are you interested in?

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Youth Sports | <input type="checkbox"/> Injury Rehab |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Sports Specific (which sport? _____) |
| <input type="checkbox"/> Strength | <input type="checkbox"/> Core Development and Balance |
| <input type="checkbox"/> Weight Loss | <input type="checkbox"/> Other _____ |

How many sessions would you like to schedule? 6 12

I DO have a group of 2-4 people (each participant must fill out form)
Names: _____

I do NOT have additional participants and understand it may take some time to get a group together

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