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: _____

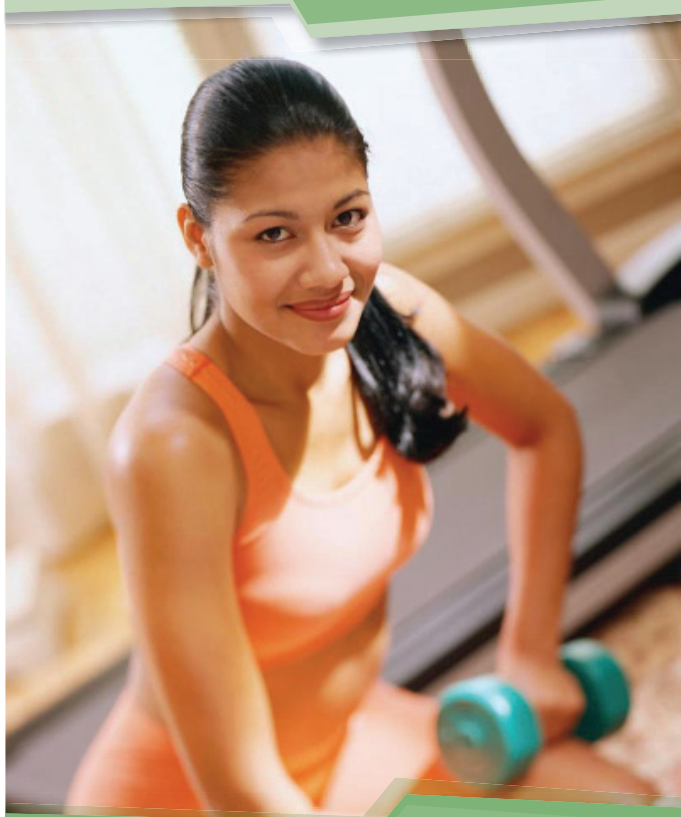
Start Date: _____

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	$50.00	$50.00
5 sessions	$45.00	$225.00
10 sessions	$42.50	$425.00

Group Training*

Sessions	2 people	3 people	4 people
5	$175.00 per person	$150.00 per person	$125.00 per person
10	$350.00 per person ($35 per session, per person)	$300.00 per person ($30 per session, per person)	$250.00 per person ($25 per session, per person)

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
$40.00

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
$25.00	$50.00

* Each session is 50 minutes in length

updated 3.4.2014

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.**

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
☐ Fitness Assessment
☐ Group Personal Training
☐ Parent/Teen Certification

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...