

Name: _____

Trails Recreation Center ID# _____

Address: _____

Phone # _____

Email Address: _____

Male Female

Date of Birth: _____

Please select:

Adult: (age 18-61)

Youth: (age 13-17)

Senior: (62+)

Resident Non-resident

Resident Non-resident

Resident Non-resident

ALL SERVICES MUST BE PAID FOR PRIOR TO SCHEDULED APPOINTMENT:

Please check services to purchase:

Single PT Session	\$46 D/ \$59 ND
Three PT Sessions	\$126 D/ \$162 ND
Five PT Sessions	\$207 D/ \$267 ND
Ten PT Sessions	\$409 D/ \$528ND
Buddy PT 1 Session	\$75 D/ \$100 ND
Body Composition	\$25 D/ \$30 ND
Nutritional Consulting 1 session	\$60 D/ \$75 ND
Nutritional Consulting 3 sessions	\$150 D/ \$188 ND

Larger pkgs. of Nutrition, PT, & Buddy PT available.

Youth & Senior PT rates available.

If sessions are not cancelled within our 24 Hour Cancellation Policy (p.3) you will be charged. Please initial that you have read and understand the statement above.

Initial Training Session will include at least a 30 minute consultation. The purpose of a consultation is so that we can get to know you and tailor a program to your needs to help you see better results. Please initial that you have read and understand the statement above.

Please circle the times you are **AVAILABLE:** M T W Th F Sa Su

Early Morning (5:30 – 8:00) Mid Morning (8:00 – 12:00) Lunch Hour (12:00 – 2:00)

Afternoon (2:00 – 5:00) Evening (5:00-9:00)

Please Note: A copy of this form will be given to the Fitness Supervisor, and a trainer/nutrition coach will be assigned to you based on your goals, preferences, and time availability. The trainer/coach will contact you within 3-5 days to schedule the initial appointment. If you would like a specific trainer, please note that below.

Do you have a **specific trainer** you would like **to request**? _____

Do you prefer a male or female trainer? Male Female

Signature _____ **Date** _____



Physician's Name _____ Physician's Phone # _____

Are you taking any medications or drugs? If so, please list medication, dose and reason.

Does your physician know you are participating in this exercise program? Yes No

Please describe any physical activity you do regularly.

Do you now, or have you had in the past:	Yes	No		Yes	No
History of heart problems, chest pain or stroke			Increased blood pressure		
History of heart problems in immediate family			Increased blood cholesterol		
History of breathing or lung problems			Smoking habit		
Muscle, joint, back disorder, or any previous injury still affecting			Any chronic illness or condition		
Hernia, or any condition that may be aggravated by lifting weights			Obesity (more than 20% over ideal body weight)		
Diabetes or thyroid condition			Recent surgery (last 12 months)		
Loss of balance or dizziness			Pregnancy (now or within last 3 months)		
Been advised by physician not to exercise			Difficulty with physical exercise		

Please explain any "yes" answers.

The Trails Recreation Center assumes no liability for persons who undertake physical activity. After completing this questionnaire, if you have questions or are in doubt about your readiness to increase physical activity, please consult your doctor prior to beginning your training. This questionnaire may be used for legal or administrative purposes.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name _____

Trails Recreation Center ID# _____

Signature _____

Date _____

Signature of Parent/Guardian (for participants under 18 yrs.) _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the questions above.



What are your fitness goals? (check all that apply)

	Muscular Strength
	Cardiovascular Endurance
	Weight Management
	Flexibility Improvement
	Balance Improvement
	Injury Rehabilitation
	Sports Specific Training (e.g. Triathlons)
	Other

Please list any additional goals you wish to achieve.

If you are doing Nutritional Consulting, please list all your supplements and water intake below.

****In addition, please attach a log of all food and liquid intake over a three day period.****

Cancellation Policy

Personal Training/Nutrition Sessions must be cancelled at least 24 hours prior to scheduled session or you will be charged for the session.

Signature _____

Date _____

Signature of Parent/Guardian (for participants under 18 yrs.) _____

Trainer Signature _____

Date _____



The undersigned recognizes that the use of the Trails Recreation Center Fitness services involves a risk of physical injury including that caused by the negligence of the undersigned or Trails Recreation Staff. The undersigned hereby agrees to assume this risk of injury in its entirety regardless of the cause. The Trails Recreation Center Staff shall not be liable for any injuries or damage to the undersigned, or the property of the undersigned, or be subject to any claim, demand, injury, or damages whatever, including without limitation, those damages resulting from acts of active or passive negligence on the part of the Trails Recreation Center Staff for all such claims, demands, injuries, damages, actions, or causes of action. It is specifically agreed that the Trails Recreation Center Staff shall not be responsible or liable to the undersigned for articles lost or stolen in connection with Trails Recreation Center Staff services.

Please Initial _____

I understand and I am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment with knowledge of the risks involved. I hereby agree to and accept any and all risks of injury or death.

Please Initial _____

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment. I acknowledge that it has been recommended that I have a yearly or more frequent physical examination and I have been given permission by my physician to participate, or that I have decided to participate in activity and use of equipment without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment in my activities.

Please Initial _____

I have read the above three (3) statements, and my signature below and initials above verify that.

Name (print) _____

Signature _____ Date _____

Signature of Parent/Guardian (for participants under 18 yrs.) _____

Trainer Signature _____ Date _____





Duane Knight, Certified Personal Trainer , Certified Strength and Conditioning Specialist

Originally from Vineland, New Jersey, I moved to Birmingham, Alabama and began training in Boxing and Kyokushin Karate. Once I moved to Pensacola, Florida I obtained my PT Certification with ISSA and began personal training with Unlimited Fitness Results for 5+ years while continuing with Boxing and MMA training. I came to Aurora, Colorado for a life change and to be with my family. My passion is training clients, helping them accomplish their goals, and having fun at the same time!

Chad Leland, Certified Personal Trainer

I have a BS in Exercise Science and Health Promotion and was certified as a Personal Trainer through National Strength and Conditioning Association (NSCA). I have worked in the fitness industry for over 18 years teaching Boot Camp, Ski Conditioning, Personal Training, Youth Sports Conditioning as well as football, baseball and soccer camps for various schools. I am currently a Strength and Conditioning coach for a local high school. My motivational motto is "getting you on the right path to achieve your full potential - reach those goals baby!"

Sharon Mitchell, Orthopedic Exercise Specialist and Certified Personal Trainer

I have been an ACE Certified Personal Trainer since 1998, and a certified Himalayan Institute yoga teacher since 2000. With an eye toward a more therapeutic form of yoga, following additional teacher training in India, I went back to college to become a licensed Physical Therapist Assistant. My training and experience have equipped me with evidence-based formulas that can help individuals reduce postural imbalances, non-functional movement patterns, and lifestyle habits to promote a more balanced and joyful lifestyle. No two bodies and personalities are the same, and therefore each client's training program is individually customized. Having worked with many clients in the Pittsburgh area for several years prior to moving back to Colorado this past winter, I look forward to empowering people interested in a more balanced lifestyle here.

Tyler Moorhead, Certified Personal Trainer, Certified Strength and Conditioning Specialist

I am a Colorado native, born in Denver and have been an avid exerciser since I was a child. Through high school, I was involved in several sports (football, baseball, and rugby). After attending and playing rugby at the University of Northern Colorado for 3 years, I realized that my passion was centered on exercise and helping others reach new athletic heights! I returned to Denver to pursue a degree in exercise science and received my ACSM CPT (Certified Personal Trainer). I received my Bachelor's degree in Human Performance and Sport from the Metropolitan State University of Denver in July of 2017. Shortly after, I received my NSCA CSCS (Certified Strength and Conditioning Specialist) certification and am working on building up my training skills and reputation. I specialize in athletic populations but have experience with a diverse range of individuals with varying fitness levels and physical abilities. I am looking forward to enhancing the well-being of all clientele by providing safe, effective training measures to meet and exceed fitness goals!

Jionni Paige, Certified Personal Trainer

I am certified by the American Sports and Fitness Association (AFSA) and have been a personal trainer in the Denver Metro area since 2010. In the past I was overweight and started my journey to fitness in January 2008. By May of 2009 I had dropped 30 pounds. I felt amazing, both from a health standpoint and how I looked. By November I had dropped another 36 pounds. I started out as an unhealthy 246 pounds and after 12 months was a lean, healthy 180 pounds. I received my education from Mesa State College in Grand Junction Colorado, completing a degree in Kinesiology with a concentration in Athletic Training in May 2009. I want to show my clients how to achieve their fitness goals without fad diets or fat burning products. The training my clients receive produces results. My style of training consists of strength conditioning and interval training. I train from the standpoint of my experiences of struggling with weight loss and bring that compassion, excitement, and understanding to each session.



Andrea Robinson, Certified Personal Trainer

I received my BS Degree from Arizona State University and spent the early part of my career developing and implementing behavior modification programs for the weight loss industry. For the past 10 years I've taken my experience in counseling and combined it with my love for fitness. I hold certifications in Personal Training and Group Fitness from AFAA, as well as group fitness certifications in strength training, cycling, yoga and SilverSneakers. In addition to individual personal training I specialize in small group training and hold an advance specialization in designing fitness programs for cancer patients and survivors as well as those recovering from joint surgeries and replacements. I enjoy working with clients of all ages and fitness levels, and I will assist you in maximizing your true potential. I stress the importance of functional training to improve overall strength, cardiovascular endurance and core stability. My goal is to motivate you to truly enjoy physical activity in order to make it a permanent part of your life.

Brook Skidmore, MS, Certified Personal Trainer

Brook has a Masters degree in Kinesiology with an emphasis in Sport Psychology, along with an Exercise Science and Sport Studies. She has been personal training for over ten years, and has been teaching group exercise classes for about seven years. She has helped a wide variety of clientele reach their goals, including a wide variety of ages (from youth to the elderly), and skill levels (from recreational individuals to competitive athletes). She believes sport and exercise should be enjoyable and fulfilling, and that each client deserves a workout plan tailored specifically to his/her unique needs and goals. Brook has completed one marathon, several half marathons, and three Ragnar races, and she also enjoys swimming, cycling, hiking, weight lifting, golf, and racquetball.

***Kaleigh Steckler, Certified Nutrition Therapy Practitioner**

Nutrition can be an overwhelming and a tough part of life to tackle. It has always been a passion of mine and seven years ago I decided to jump in and go back to school to pursue the career I would love. And I am so glad I did! Today I partner with my clients to sift through the confusing world of diet and nutrition. I strive to educate about clean eating, both what groups of foods we choose and where they come from. Beyond diet I am also trained as a Functional Medicine Practitioner. This allows me to dig deeper into individual's unique situations. I specialize in Hormone Imbalances, Digestive Dysfunction, Stress/Adrenal Fatigue and Detoxification. Being able to dive into underlying physiological dysregulations brings more tools to getting my clients feeling healthy, energized and well again. I look forward in partnering with you and being a part of your health journey.

***JoEllen Walden, Certified Personal Trainer & Certified Nutrition Coach**

As an active mother of two, a wife, a fitness guru, an accomplished road cyclist; I have a variety of experience under my belt. I am certified as an AFAA Group Fitness Instructor and NAFC Nutrition Coach and Personal Trainer. I have been teaching at Trails for 10+ years. My interest in fitness began with triathlons and has transitioned into road and cross cycling competitions through BRAC. I am passionate about eating real, whole foods and not buying into the latest "fads" and "diets" to improve physique and performance. No more dieting for this gal! I especially enjoy working with families, women focused on getting back into shape pre and post-partum, those in midlife with a renewed interest in healthy living, and of course, all cyclists. I encourage good nutrition and making movement a part of each day. I have hit my own triumphs and hurdles in these personal endeavors and my passion is to help others through their trials.

Calisse Weidner, Certified Personal Trainer

I have been an ACE certified Group Fitness Instructor for 20 years and have taught many types of classes such as Step, Muscle, Kickboxing, Aqua Aerobics and SilverSneakers. I became a certified Personal Trainer in 2006 and love doing both group and individual training. My exercise philosophy is to get people excited about moving their bodies through proper instruction mixed with compassion and humor, and to help them find their niche whether it's belly-dancing, gardening, snowshoeing or mountain climbing! I will ensure all areas of fitness are incorporated by working at your pace. I strongly believe in the psychological benefits that come from sweating and feeling your muscles working, and I hope to help others gain such benefits and feel good in their own skin.

***Nutritional Consultants**