

# Personal Training Packet 2022

*Please Print & THOROUGHLY complete each section & sign/initial as indicated.*

Name \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ Email Address \_\_\_\_\_

Male  Female  Date of Birth: \_\_\_\_\_

**Please select:**

|   |   |   |
|---|---|---|
| <u>Adult:</u> (age 18-61)   | <u>Youth:</u> (age 13-17)   | <u>Senior:</u> (62+)  |
| Resident <input type="checkbox"/> Non-resident <input type="checkbox"/> | Resident <input type="checkbox"/> Non-resident <input type="checkbox"/> | Resident <input type="checkbox"/> Non-resident <input type="checkbox"/> |

**\*\*All Services Must Be Purchased Prior to Scheduled Appointment\*\***

Please check services to purchase:

|                                      |                         |
|--------------------------------------|-------------------------|
| 1 PT Session                         | <b>\$52 D/\$65 ND</b>   |
| 3 PT Sessions                        | <b>\$144 D/\$180 ND</b> |
| 5 PT Sessions                        | <b>\$235 D/\$294 ND</b> |
| 10 PT Sessions                       | <b>\$466 D/\$583 ND</b> |
| 1 Buddy PT Session                   | <b>\$88 D/\$110 ND</b>  |
| 3 Buddy PT Sessions                  | <b>\$242 D/\$302 ND</b> |
| Group PT 3 Sessions- <b>3 people</b> | <b>\$290 D/\$363 ND</b> |
| Group PT 3 Sessions- <b>4 people</b> | <b>\$333 D/\$416 ND</b> |

**Please Initial Both Boxes Below**

If sessions are not cancelled within our 24 Hour Cancellation Policy (page 3) you will be charged for the session. Please initial that you have read & understand the statement above. \_\_\_\_\_ (initial)

Initial Training Session may include a 30 minute consultation. The consultation may be necessary to further discuss your specific needs, goals and/or health concerns. Please initial that you have read and understand the statement above. \_\_\_\_\_ (initial)

**Pricing listed is for Adults (18-61 yrs.). Youth & Senior rates are 16% less. Discount calculated when purchased based on account information.**

**IMPORTANT—Please circle ALL days/times you are available:**

Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday

Early Morning (5:30 – 8:00)   Morning (8:00 – 12:00)   Afternoon (12:00 – 5:00)   Evening (5:00-9:00)

**Please Note:** A copy of this form will be given to the Fitness Supervisor M-F, and a Personal Trainer will be assigned to you based on your goals, preferences, and time availability. The Trainer 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? \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



# Health History

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)

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Muscular Strength                            |
| <input type="checkbox"/> | Cardiovascular Endurance                     |
| <input type="checkbox"/> | Weight Management                            |
| <input type="checkbox"/> | Flexibility Improvement                      |
| <input type="checkbox"/> | Balance Improvement                          |
| <input type="checkbox"/> | Injury Rehabilitation                        |
| <input type="checkbox"/> | Sports Specific Training (Triathlon, 5K etc) |
| <input type="checkbox"/> | General Health & Fitness                     |

Please provide specifics information about your goals & what you would like to achieve working with a Personal Trainer.

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***Cancellation Policy***

**Personal Training 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 \_\_\_\_\_

## ***Liability Release Form***

The undersigned recognizes 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 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 & 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 & I have been given permission by my physician to participate, or that I have decided to participate in activity & 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 give my consent to the District that they may use any photographs or videotape taken of me while participating in District activities in future promotional or marketing material.

**Please Initial** \_\_\_\_\_

**I have read the above four (4) statements, and my signature below and initials above verify that.**

**Name** (please print) \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of Parent/Guardian** *(for participants under 18 yrs.)* \_\_\_\_\_

**Trainer Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

### **Andrea Cranson, Certified Personal Trainer**

Hello, my name is Andrea and I have been a Personal Trainer and group fitness instructor for over 13 years with certifications from NFPT and ACE. I have found my true passion in working out with others, and strive to bring knowledge, safety, and FUN to my clients and classmates! I am certified to teach a wide variety of fitness classes including TurboKick, P90X, PiYo, Insanity, Sh1FT, L1FT, SoulFusion, SoulStrength, and BarreFusion! I am also currently working on certifications through the Brookbush Institute for Certified Personal Trainer and Human Movement Specialist. When I'm not at the gym, I'm taking care of my 3 wonderful children, my patient husband, and my crazy cat.

### **Karmen Davis, Certified Personal Trainer**

I have a Bachelor of Science Degree in Corporate Fitness, Exercise Science. I am certified through the National Council on Strength & Exercise (NCSF) as a Personal Trainer and hold certifications in several specialty areas including core training, balance, functional fitness & stretching. I teach a variety of group fitness classes including aqua, core/cardio/stretching, Silver Sneakers and balance classes. I am a firm believer that consistency is key. Little things can make a difference and the all or nothing approach kills goals faster than anything else. Exercise can be many different things so if a gym routine seems overwhelming to you, I can help you find simple solutions you can do anywhere to meet your fitness goals.

### **Chad Leland, Certified Personal Trainer**

I have a Bachelor of Applied Science Degree in Exercise Science and Health Promotion & was certified as a Personal Trainer through National Strength and Conditioning Association (NSCA). I have worked in the fitness industry for over 20 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 & 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!"

### **Timbo Velasquez, Certified Personal Trainer**

Hello, my name is Timbo Velasquez and I believe in fitness. I am a Certified Personal Trainer through the International Sports Sciences Association (ISSA) & the National Academy of Sports Medicine (NASM). I hold certification in several specialties including nutrition, strength & conditioning, plyometrics, TRX, stretching, water fitness, kettlebell, balance, Less Mills, and resistance band training. I care deeply about my clients. There is nothing of more value to me than helping someone go through an experience that makes them happy, confident, and strong. I want to be there for you and help you discover the benefits & joys of training that has helped me become the person I am today. I am here to be your personal guide every step of the journey.

### **Amev Schutz, Certified Personal Trainer**

Hello, my name is Amev Schutz. I am a Certified Personal Trainer through the National Academy of Sports Medicine (NASM). I have also been a group fitness instructor at The Trails Recreation Center for the past 6 years and truly love the community at Trails. I am passionate about fitness, helping & watching people succeed. We are all capable of more than we know and I am here to help you find that. I am a firm believer that health & fitness can be fun. The sky is the limit so find what you love and you'll find your own fitness journey.

### **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 Silver Sneakers. 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.

### **Sharon Mitchell, Certified Personal Trainer & Orthopedic Exercise Specialist**

I have been an ACE Certified Personal Trainer since 1998, & 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.