

**Please sign & complete each section as thoroughly as possible.**

Revised 2/1/2019

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.

\_\_\_\_\_

\_\_\_\_\_

<b>Do you now, or have you had in the past:</b>	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.

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**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.\****

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## ***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 \_\_\_\_\_



## **Marko Zelic, Certified Personal Trainer**

Marko has a Bachelor of Applied Science Degree in Physical Education with an emphasis in Personal Training & Strength Conditioning. He is also a Certified Personal Trainer through the National Council of Strength & Fitness. Marko is highly motivating with a genuine desire to help people of all ages meet their personal health & fitness goals. He is a gifted athlete who was recruited by several colleges & given a full scholarship to play collegiate basketball. This energetic Trainer has significant experience working with athletes of all ages & levels and enjoys working with all people. Marko has incredible enthusiasm, provides tremendous encouragement, and has a true passion for training, motivating & inspiring his clients to reach their full potential.

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

I have a Bachelor of Applied Science Degree 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 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 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, Certified Personal Trainer & Orthopedic Exercise Specialist**

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.

## **Rachel Bailey, Certified Personal Trainer**

Rachel is our newest Certified Personal Trainer. She has an unwavering dedication to guiding each of her clients to living a Lean and Fit lifestyle. She holds a Personal Training Certification from the National Academy of Sports Medicine (NASM) and is in pursuit of her Women's Fitness Specialization (WFS) to further enhance her knowledge and more importantly serve her clientele. With a functional approach to training, she best serves those who are looking to build confidence, add lean muscle, shed unwanted body-fat and create healthy habits. Rachel enjoys snowboarding, reading, fitness and spending time with her husband, Keith and yellow lab, Kallie. Whether you're looking for a guide to start your fitness journey or need a next level push don't hesitate to book a SUCCESS session with Rachel to get you on the right track!

## **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

## **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.

## **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.

## **Andrea Robinson, Certified Personal Trainer**

I received my Bachelor of Science 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 15 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.

## **Ernie Carr, Certified Personal Trainer**

I have special knowledge about weight loss and finding motivation to improve personal health & fitness. In 1996 I lost my leg, below the knee, in a motorcycle accident and subsequently ballooned from 175 to 285 pounds. Feelings of despair and my doctor's warning of permanent health risks made me decide to change my life. I lost 100 pounds and 15 years later I am in the best physical condition of my life. My own journey led me to pursue my passion for teaching and inspiring others to achieve their goals. I am a Certified Personal Trainer (NSCA), kettlebell instructor (IKFF certified), AFAA Certified Group Fitness Instructor, youth coach and Silver Sneaker Certified. I continually educate myself in techniques for all physical abilities and establish strong working relationships with my clients. I enjoy training people who are inspired to work hard and have fun. I have also worked with elite-level athletes to improve sport-specific strength and conditioning. I take pride in knowing - no matter my client's age - that my personalized plans, hands-on approach and ongoing encouragement give each client the confidence to improve their lifestyle with lifelong results.