

# let's get moving

## ADVANTAGEHEALTH PERSONAL TRAINING

### TRAINING BENEFITS

Personal training has many benefits which include weight loss, increased muscular strength and decreased cholesterol and blood pressure. While many only consider these benefits, personal training offers a multitude of other benefits such as: learning new exercises to incorporate into your own workouts, knowledge of safe and efficient techniques, building effective workouts, and breaking through plateaus.



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# INDIVIDUAL AND GROUP TRAINING SERVICES

## OUR SPECIALTIES

Strength Training | Cardio Training | Weight Loss | General Fitness



### MONTHLY SESSIONS

Monthly training allows you to create a consistent schedule that makes YOU and your GOALS a priority. In addition to many other benefits, consistent monthly training will enable you to build a good fitness base, ingrain working out as a habit, reduces injury risks, and provide yourself with a regular mental boost. Sessions expire on the subscription renewal date. .



### SINGLE SESSIONS

Whether you're a bigger or seasoned athlete, our professionally trained staff can customize a program based on your needs. You can purchase as many sessions as you need to meet your specific goals. Depending on the number of sessions purchased, sessions will expire three to six months from purchase date.



### INDIVIDUAL TRAINING PLAN

If you're looking to jump-start your fitness routine or are training for a specific goal, try our Individualized Training Plan!

- Individual Training plans include:
  - 30-Minute Consultation to talk about your overall fitness goals.
  - Customized 4–6-week fitness plan.
  - A 45-minute session with your trainer to go over your fitness plan.



### GROUP TRAINING

*Groups of 2-4*

Add additional motivation and accountability to your routine with Group Personal Training. Building group training sessions into your weekly workout routine will give you a structured foundation from which to build strength, lose weight or tone your body. Just like one-on-one personal training, group training sessions hold you accountable for turning up and putting 100% effort into your workout.

# INDIVIDUAL TRAINING

## MONTHLY SESSIONS

	8 sessions	12 Sessions	16 Sessions
30 Minutes	\$264	\$396	\$528
45 Minutes	\$400	\$600	\$800

## SINGLE SESSIONS

Session Length	Cost
30 Minutes	\$37
45 Minutes	\$55
60 Minutes	\$70

## INDIVIDUAL TRAINING PLAN - \$95

# GROUP TRAINING

## MONTHLY SESSIONS

	8 sessions	12 Sessions	16 Sessions
30 Minutes	\$208	\$312	\$416
45 Minutes	\$312	\$468	\$624

## SINGLE SESSIONS

Session Length	Cost
30 Minutes	\$26
45 Minutes	\$39
60 Minutes	\$49

GROUP TRAINING  
\*2-4 PARTICIPANTS  
\*PRICES LISTED ARE PER PERSON

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Date of birth: \_\_\_\_\_



## Training History

1. Have you used a personal trainer in the past? (circle one) Yes/No

2. What are you looking to gain from your training sessions?

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3. What day(s) of the week and time(s) of the day work best for you to complete your training sessions?

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## Physical Activity

1. Do you engage in any forms of regular physical activity? (circle one) Yes/No

If yes, describe: \_\_\_\_\_  
\_\_\_\_\_

List sports or activities you participate in: \_\_\_\_\_

2. Have you ever experienced any injuries that may limit your physical activity? (circle one) Yes/No

If yes, describe: \_\_\_\_\_

3. Do you have any physical activity restrictions? If so, please list: \_\_\_\_\_

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## Motivation

1. How motivated are you to begin or continue your fitness journey? (circle one, 1-not motivated, 10-extremely motivated) 1 2 3 4 5 6 7 8 9 10

2. What is the biggest motivation behind attaining a higher fitness level?

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3. Do you have any specific fitness-related goals? (circle one) Yes/No If yes, please list them in order of importance. \_\_\_\_\_

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## Medical Information

1. How would you describe your present state of health?  Very Healthy  Healthy  Unhealthy

2. Please list any medical conditions and/or medications that may impact physical activity, and list any important information about your condition:

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# TRAINING AGREEMENT

Monthly Training

I acknowledge that my credit card will be billed \_\_\_\_\_ on \_\_\_\_\_ of each month for \_\_\_\_\_ sessions on a recurring basis for my Monthly Training Plan. I acknowledge that beyond 15 days of the activation date, no refunds, credits, or exchanges will be permitted. I also hereby authorize AdvantageHealth Corporation to charge my account for my monthly training services, any purchased services, and fees.

Single Sessions

Session Length \_\_\_\_\_ Number of Sessions \_\_\_\_\_

**Appointment Cancellation Policy:** A 24-hour advance notice is required if cancelling a personal training appointment. AdvantageHealth reserves the right to retain 100% of the session fee if sufficient notice is not given. Trainers and clients schedule their own appointments.

**Day Money Back Guarantee:** If for any reason you are not completely satisfied with your Personal Training experience within the first 15 days, a full refund is given with a written or e-mail cancellation. After the 15 Day Money Back Guarantee, sessions are non-refundable. Sessions are transferrable to another Capella Tower Health Club Member.

**Expiration Date of Training Sessions:** For package sessions, If you purchase 1 session or 4 sessions, there will be a 3-month expiration from the date of purchase. If you purchase 8 sessions or 12 sessions, there will be a 6-month expiration from the date of purchase. Month-to-Month sessions expire on the subscription renewal date.

**First Session:** The majority of a client's first session may be a consultation and/or fitness assessment with the trainer. This consultation is designed to set goals, learn more about the client and provide education.

**Medical Release:** After reviewing a client's health history and/or any fitness assessment results, it may be determined that a medical release is required before personal training can continue.

**Exercise Safety:** The client certifies that all answers to questions in the health history and PAR-Q are true and complete to the best of their knowledge. It is the client's responsibility to notify the trainer of any changes in their health which might affect my ability to exercise safely, as well as monitor their own physical condition throughout any sessions, and if any unusual symptoms occur, to discontinue activity and notify the trainer. The client can refuse to participate in any activity that they do not wish to do at any time during their personal training session.

**Waiver:** I acknowledge I have signed a Waiver of Liability and Hold Harmless agreement when I joined the Capella Tower Health Club and understand the inherent risks in participating in a program of strenuous exercise including, but not limited to, abnormal blood pressure, muscle soreness, fainting, heart attack or death.

**Outside Personal Trainers:** No outside trainers or coaches are allowed to use the facilities.

**Evaluation:** Once you have completed your sessions, you may be asked to complete a brief evaluation to determine quality of the services rendered by the personal trainer.

**I certify that I have fully read and understand the policies and terms of this agreement and will comply with the contents herein. I assume all risk for my health and I know that I may discontinue training at any time without a refund.**

Client Name (printed) \_\_\_\_\_

Staff \_\_\_\_\_ Location \_\_\_\_\_

Client Signature \_\_\_\_\_