



KERRISDALE COMMUNITY CENTRE

5851 West Boulevard, Vancouver, BC V6M 3W9

P: 604.257.8100 Website: www.kerrisdalecc.com

PERSONAL TRAINER REQUEST FORM

Registration Process:

- Step 1. Fill out a Personal Trainer Request Form and the applicable Par-Q Form
- Step 2. Submit your forms to the front desk
- Step 3. Purchase a personal training package at Kerrisdale Community Centre

Once your forms have been submitted you will be contacted within 2 weeks. Training can take place any time during fitness centre operating hours based on trainer availability. The referral process will not begin until your forms are submitted and payment received.

Date: _____

Name: _____ **Age:** _____

Phone: _____

Email: _____

Emergency Contact Name: _____ **Phone:** _____

Trainer Preference: Male Female Doesn't Matter **or** **Trainer Name:** _____

Availability: _____

Main Goals/Objectives for Your Fitness Program: _____

Other Information Required/Comments: _____

- Please fill out attached **PAR-Q+** form.
- If you answered "yes" to any of the follow up questions on the PAR-Q+ form, a note from your doctor or physiotherapist is required. The note must confirm that you can proceed with fitness training.
- If you are pregnant please fill out the **PARmed-X for Pregnancy** with your physician.

Please Note:

- *Admission to the Exercise Room is included during sessions with your trainer.*
- *There is a 6 month limit to your training session package. To get the best results, meet with your trainer regularly.*
- *There is a 24 hour cancellation policy and you may be charged for missed sessions. One client attending a Semi-private workout is a completed workout session. Contact your trainer directly for: late arrival, cancellations, schedule change, etc.*
- *If there is a medical emergency or extended periods that you will be absent, initiate a refund or extension for your remaining sessions with the fitness programmer as soon as possible.*
- *Wear appropriate workout clothing such as shorts, t-shirt and proper athletic shoes. Bring a water bottle and a sweat towel.*