



PERSONAL TRAINING SERVICE

General Information

Name: _____

Gender: _____

Tel #: _____

E-mail: _____

U of O Employee

U of O Student

External Member

Date: _____

Gym Preference:

Montpetit Fitness Centre

Health and Lifestyle Centre

Goal(s):

Weight Loss

Increase Muscle Strength

Increase Muscle Mass

Increase Flexibility/Mobility

Aerobic Conditioning

Pain Reduction

Stress Relief/Fatigue :

Illness: _____

Injury Rehabilitation : _____

Sport Specific: _____

Body Composition

Other : _____

Availability :

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

Curent Campus Rec Engagement :

Instructional Classes

Group Fitness

Other: _____

Intramural Sports

Recreational Activities

How did you hear about us:

GeeGees.ca

Social Media

Other: _____

Word of Mouth

Campus Advertisement

Trainer preference:

Name of Trainer: _____

Language: French English

Gender: Woman Man

Personal Training Sessions are non-refundable and Consultations are mandatory