



We build strong kids, strong families, strong communities.

Personal Training Interest Sheet

Personal Training provides you with one-on-one contact and guidance with a nationally certified personal trainer. We have a package to fit your individual needs. Appointments are scheduled individually with the trainers. To get started, turn this form in at the Welcome Center.

Member Name: _____

Contact Number: _____

Alternate Number: _____

E-Mail: _____

Please indicate time(s) you are available for personal training beside each day of the week. If you are not available at all that day, please write "none" in the blank:

Sunday: _____
Monday: _____
Tuesday: _____
Wednesday: _____

Thursday: _____
Friday: _____
Saturday: _____

Please circle the trainer(s) that you prefer.

Lori Abbott

Beth Jackson

Cynthia Michael

Elizabeth Trowbridge

Nanci Shrader

Kelle Marley

No Preference

What are your fitness goals?



Rockwall

**1210 North Goliad
Rockwall, TX 75087**

972.772.9622

www.rockwallymca.org

For Office Use Only:

Date of Initial Contact ____
Date of First Session ____

Receipt Number ____
Name of Trainer Assigned _____