

**Contact Information:**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Service Requested:**

- Individual Session / Continuous Training   
  Partner Training   
  Wellpower Pack  
 Team / Small Group Training   
  Program Design

**Facility Preference:**

- Millennium Place   
  Glen Allan Recreation Complex  
 Ardrossan Recreation Complex

**Availability:** Check the time blocks you are available

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

Morning: 5:00 am-12:00 pm

Afternoon: 12:00 pm-5:00 pm

Evening: 5:00 pm-11:00 pm

**Trainer Preference:**

- Male   
  Female   
  No Preference

**Goals:**

- Lose weight   
  Gain muscle   
  Sport Specific

- Rehabilitation / Recovery   
  Training for a specific event / competition   
  Other

**What is your previous experience with exercise and activity?**

**Do you have any past injuries or surgeries we should know about?**

**Are you currently living with a chronic medical condition that we should know about?**      Yes      No

**Comments/Additional Information:**

If you have any questions about this program or completing this form, please contact a fitness technician at 780-416-7229.

**Collection and use of personal information**

Personal information is collected under the authority of section 33(c) of the *Freedom of Information and Protection of Privacy Act* and will be used as part of Recreation, Parks and Culture's Fitness Appraisal Program. If you have questions about the collection, use or disclosure of this information, contact Manager, Central Services, RPC, Strathcona County at 780-467-2211.