

PERSONAL TRAINER REQUEST FORM

***The Fitness Center
at the
Libertyville
Sports Complex***



**Peterson Road & Hwy 45,
Libertyville, IL 60048
(847) 367-1504**

Today's Date:

Your Name:

Your Age:

Phone #'s:

Email:

Day(s) preferred:

Time(s) preferred:

**Health & Fitness
Goals:**

**Your current exercise
program (if any):**

**Any medical
conditions/injuries/
special needs?**

Trainer Preference?

Individual Sessions:

1 session \$ 60
3 sessions \$150
5 sessions \$240
10 sessions \$450
15 sessions \$600

Small Group Training:

(cost is per person)
2 clients: \$35/session
3-4 clients: \$30/session
2 clients/pkg. of 5: \$135
3-4 clients/pkg. of 5: \$110

**Package Preference:
(Please circle one)**

**Please return completed form to the Fitness Desk, fax it to (847) 362-0815
or contact Jodi Thors: (847) 367-6890 / jthors@libertyville.com**

*Thank you for your request!
A trainer will be contacting you shortly to set up your first appointment.*