

Start Your Training NOW

With our

One on One Personal Training Special



One Time Offer
New Members
Only

\$70 for (2) 30 minute
personal training sessions
with one of our
**Certified Personal
Trainers**



Fill Out the Personal Training Request Form on back of this Flyer

****24 Hour Cancellation Policy Enforced****

Personal Training Request Form

Special Promotional Package Rates -- \$70 for (2) 30 Minute Sessions

Name: _____ Date: ___/___/___

Phone: _____ E-Mail: _____

- Primary Facility: Clinton/Whitehouse/Either (**circle one**)
- Training Facility Preference: Clinton/Whitehouse/Either (**circle one**)
- Specific Trainer's Name: _____ (**optional**)
 - ◆ ___ Check if you would like a Fitness Supervisor to contact you
- Training Goals: (**check any of the following which apply**)
 - ◆ ___ Body Fat Reduction ___ Strength Training
 - ◆ ___ Toning ___ Post Rehabilitation ___ Balance
 - ◆ ___ Flexibility ___ Cardiovascular Endurance
 - ◆ ___ Sport Specific (Sport: _____)
- Training Type: (**check preference**)
 - ◆ ___ Private 1:1 ___ Semi Private 2:1 ___ Group 3:1
- Special Considerations: Please list any orthopaedic or medical issues and anything else we should know:

Please indicate below, your initial preferences

Days/Times: (Please specify AM/PM)

Mon: ___ Tue: ___ Wed: ___ Thu: ___ Fri: ___ Sat: ___ Sun: ___

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NEW MEMBERS ONLY



Hunterdon Health

Hunterdon Health and Wellness Centers
Clinton • Whitehouse Station • Lambertville