



# Fitness Centre Orientation & Personal Consulting

Sept 1, 2022 – Aug 31, 2023

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

Contact Number: \_\_\_\_\_ Trainer Preference: \_\_\_\_\_

Day/Time Preferred: \_\_\_\_\_

**15 YEAR OLD FITNESS CENTER RESTRICTIONS** – You must be 15 years or older to use our fitness center. If you are under the age requirement, please refer to *Youth Fitness Centre Orientation/Personal Consulting Form*.

FITNESS CENTRE ORIENTATION	Get to know the Fitness Centre layout and all of our equipment. This 60 minute orientation includes an explanation as to how to use all of the machines in the fitness Centre so that you can get the most out of your workout. Our certified staff will demonstrate how to safely use the equipment and adjust machines to suit your body.	<input type="checkbox"/> Resident: \$48.90 <input type="checkbox"/> Non-Res: \$61.15
PERSONAL TRAINING AND FITNESS CONSULTATION	This two hour personalized training and fitness consultation includes a personalized training program and an orientation to our fitness center. Whether you're a new or experienced exerciser, a Personal Trainer ensures that you get the motivation, education, and accountability that you need to achieve your goals.	<input type="checkbox"/> Resident: \$90.55 <input type="checkbox"/> Non-Res: \$113.20
PERSONAL TRAINING	Personal Training is a customized approach to understanding and supporting members to achieve their health goals and objectives. Participants will receive ongoing support and supervision from a certified trainer to ensure effectiveness, safety, and progression.	\$259.25/\$324.10 for <input type="checkbox"/> 5 x 60 min \$518.50/\$648.20 for <input type="checkbox"/> 10 x 60 min
FITNESS CENTRE GROUP ORIENTATION	We all know the saying <i>less is more</i> , but let's be truthful, sometimes two is just better than one. When it comes to working out, having a friend along for the ride makes it that much better. The benefits include fewer skipped workouts and pushing yourself further than you would on your own.	<input type="checkbox"/> Resident: \$73.35 <input type="checkbox"/> Non-Res: \$91.70

*Personal information contained on this form is required for the operation of the Program and is collected under Section 26 (c) of the Freedom of Information and Protection of Privacy Act. The information is kept confidential. For questions regarding the collection of personal information, please contact Kari Bolton, Director of Corporate and Financial Services 410 Kinchant Street, Quesnel, BC V2J 7J5, 250.991.7458, kbolton@quesnel.ca*

**NOTE: If you answer yes to any questions # 2 – # 8 you may have to consult with your physician and receive a doctor's note prior to starting.**

1. Age: \_\_\_\_\_

**(If under 15 years of age you must have verbal agreement from the Recreation Coordinator, also parent must attend orientation and sign weight room agreement).**

2. Has your doctor ever said you have heart trouble? \_\_\_\_\_

3. Do you frequently have pains in your heart and chest? \_\_\_\_\_

4. Do you often feel faint or have spells of severe dizziness? \_\_\_\_\_

5. Has your doctor ever told you that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise? \_\_\_\_\_

6. Has your doctor ever said your blood pressure is too high? \_\_\_\_\_

7. Are you over 65 and not accustomed to vigorous exercise? \_\_\_\_\_

8. Do you have back or knee problems? \_\_\_\_\_

9. Have you had any previous injury that may prevent you from doing specific exercise?  
\_\_\_\_\_

10. How long has it been since you followed a serious regular fitness program and how long did you maintain this program? \_\_\_\_\_

11. Why do you want a weight training program designed for you? \_\_\_\_\_  
\_\_\_\_\_

12. What type of weight training program would you like to be on?

- Tone                       Body Building               Strength & Flexibility               Weight Loss  
 Sport Specific Training       Rehabilitation               Other: \_\_\_\_\_

13. What is your previous weight training experience?     Poor     Reasonable     Good     Excellent

**If you need to cancel your appointment, please give us 24 hours' notice.  
Refer to Facility Refund and Cancellation Policy.**

Customer Signature: \_\_\_\_\_ Date: \_\_\_\_\_