

Personal Training Enquiry



SPORT & FITNESS

Personal Information

Name :

E-mail :

Date of Birth : Mobile :

Goals

Preferred training time

Monday : Time/s : _____

Tuesday : Time/s : _____

Wednesday : Time/s : _____

Thursday : Time/s : _____

Friday : Time/s : _____

Training options

Student

Intro offer 2x45 minutes (\$89) :

30 minute casual (\$40) :

45 minute casual (\$56) :

5 x 30 minute (\$175) :

5 x 45 minute (\$250) :

5 x 60 minute (\$299) :

Staff / Public

Intro offer 2x45 minutes (\$89) :

30 minute casual (\$45) :

45 minute casual (\$60) :

5 x 30 minute (\$205) :

5 x 45 minute (\$275) :

5 x 60 minute (\$319) :

FEARLESS

Training agreement

If your health status changes at any time (eg injury, medical condition, illness) you must notify your Personal Fitness Trainer so that appropriate modifications to your training program can be made. (Onsite only) Your Personal Fitness Trainer will wait for 15 minutes past the agreed start time of your session. If you arrive after this time, you will be charged the full cost for the session. If you arrive within the 15 minutes, your training session will conclude at the original finish time. No extra time will be given. If you cancel your training session within 12 hours of the scheduled appointment time, you will be charged the full cost for the session. There will be no charge for a session that you cancel with more than 12 hours notice.

YOUR PERSONAL FITNESS TRAINER'S COMMITMENT TO YOU

If your Personal Fitness Trainer is more than 15 minutes late to your session, there will be no charge for that session. This is irrespective of whether the remainder of the session can still be provided. (Onsite only)

If your Personal Fitness Trainer cancels your training session within 12 hours of the scheduled appointment time, there will be no charge for the session and a complimentary session will be provided. (Onsite only)

The advice and guidance provided by your Personal Fitness Trainer will be based on scientific research and professional experience, not anecdotal information or commonly held beliefs.

Your Personal Fitness Trainer is committed to providing a professional and ethical standard of service. Apart from displaying a high level of knowledge, your Personal Fitness Trainer will also show appropriate sensitivity to your needs and wants.

DECLARATION OF UNDERSTANDING

I, (member name) _____ understand that there is some risk involved with exercise and accept full responsibility for my actions while participating in an exercise program and/or personal fitness training session.

I acknowledge that I have completed a Health Screening and Medical History form and I understand that I should notify my Personal Fitness Trainer of any medical conditions that may not have been covered in this form.

I hereby indemnify and agree to hold harmless the University and all its employees, officers and agents in respect of any event which may occur whilst I am present at or utilising the services or any facilities of FUSF, and which may arise from any cause whatsoever including, but not limited to, the negligence of the University, its employees, officers and agents, and which results in any damage to property, loss or theft of property, or any accident, injury, loss suffered by or occasioned to me or any person in my care and control. I fully understand and agree to abide by the Conditions of Training.

By signing this form you have read and agree to all the terms and conditions above. The information you have provided is true and correct.

Flinders University Sport & Fitness
Alan Mitchell Building
Registry Road, Bedford Park SA 5044
(08) 8201 2842 / sport.fitness@flinders.edu.au
www.onesportandfitness.com.au

Date

Signed by Member/ Guardian

Staff Initial

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FEARLESS