

HEALTHY YOU HEALTHY LIFE PERSONAL TRAINING



Allison is a NASM Certified Trainer. She graduated from Hannibal-LaGrange University with a degree in exercise science.

She has had a passion for sports and fitness since she was young and looks forward to sharing that passion with her clients and helping them reach their goals.

She is excited to work with clients of all ages and support them in their wellness journeys.

INDIVIDUAL SESSIONS

30-minute sessions

4 Session Package

Y MEMBER \$80

8 Session Package

Y MEMBER \$128

COMMUNITY MEMBERS \$148

12 Session Package

Y MEMBER \$168

COMMUNITY MEMBERS \$190

FITNESS ORIENTATION

MEMBERS ONLY

20-Minute Session

This session includes demonstration of our cardio and selectorized machines, goals consultation and body fat analysis (if desired).

This is a great introduction to personal training at no cost.

PERSONAL TRAINING CONTACT REQUEST

Today's Date: ___/___/___

Name: _____

Phone #: _____

Email: _____

****Please allow at least 48 business hours to be contacted****

Do you currently have an exercise routine? _____

If you answered YES to the question above, what is your routine? _____

What would you like to do for exercise? _____

Have you ever tried Group Exercise Classes? _____

Do you have any medical condition we should be aware of? _____

Do you need help with your nutrition _____

Have you ever worked with a personal trainer before? _____

What days and times would be best for you to schedule your training sessions? (Please note that the exact times and days may not be available)

Do you have any preference of male or female trainer? _____

Any additional information you would like to share _____

Office Use	Action Taken/Notes
(Place in Personal Trainer's mailbox)	
Contacted By: _____	_____
Personal Trainer: _____	_____
Date: ___/___/___	_____