

# SCSU Fitness Center Personal Training Application

- The Fitness Center is now offering STUDENTS personal training (minimum of 5 sessions for \$10 each). Buddy training is also available for two friends to apply to work with a trainer (minimum 5 sessions, \$8 a session, per person). Please complete the form below and return it to the SCSU Fitness Center.
- Once applicants have been selected and notified, he/she must complete a Health History Questionnaire and Goal Sheet. Once cleared, participant will go through a full fitness assessment including resting blood pressure, body composition, goal setting, as well as cardiovascular, strength, and flexibility tests. *This does not count as one of the training sessions. Payment must be made before fitness assessment.*
- After test is complete, the trainer will schedule an appointment for the first session which will consist of discussing results from fitness assessment, explanation of exercise prescription and workout card, and first session of training.
- 5 sessions of training will last for 2-3 weeks and 10 sessions for 5-6 weeks. Each session will last for 45 minutes. Appointments are to be arranged with the personal trainer.  
***YOU MUST BE ABLE TO COMMIT TO 2 DAYS PER WEEK OF TRAINING!***

392-8971

fitness@southernct.edu

www.southernct.edu/fitnesscenter



## SCSU Fitness Center Personal Training Application



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

Phone: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Circle one: Personal Training (1 on 1) Buddy Training (2 clients, 1 trainer)

- How many days a week can you devote to working with the personal trainer? \_\_\_\_\_
- What are your goals for personal training?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Please provide hours of availability, Mon-Fri, on the reverse side.

- Briefly describe why you would like personal training:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Name of training buddy:  
\_\_\_\_\_

*\*Not all applicants will be chosen for personal training. A staff member will contact you if you have been chosen for this service.*