

Name: _____

Consultation Options:

Please check one option and return to front desk

Consultations are provided by our certified Exercise Physiologists and Fitness Trainers

60 minute Consultation: (Premium)

1. Discuss goals
2. Learn about our programs
3. Take a tour
4. Detailed equipment demonstration (3-5 pieces)
5. Schedule programming or fitness test appointment (optional)

30 Minute Consultation: (Basic)

1. Learn about our programs
2. Take a tour
3. Basic equipment demonstration (2-3 pieces)

Please remember all youth members, ages 7-11 years are required to complete an consultation and should be accompanied by a parent or guardian during the consultation.

***The fitness staff is always available by appointment to help with any further questions.**