



ANU Sport and Recreation Association Inc.
The Australian National University
19 North Road
Acton ACT 2601
T: 02 6125 2273
F: 02 6247 2572
sport@anu-sport.com.au
www.anu-sport.com.au

PERSONAL TRAINER FORM REQUEST

Looking to find a better version of you? Help us, help you! Please fill out the attached form and Fitness Services will get in touch to help you get started!

Name / Surname		Member No.	
Date of Birth		Mobile Phone	
Email Address			

1. What services are you interested in?

- Personal Training (1 on 1)
- Private Group Training (your own group of people)
- Corporate Fitness Programs (company boot camps & wellness programs)

2. What results would you like to achieve?

- Weight loss / reduce body fat
- Increase muscle tone and strength
- Increase energy and stamina
- Look & feel great
- Stress management
- Sports conditioning
- Sleep better
- Injury rehabilitation
- Other (please specify)

3. What days would you like to train?

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- Unsure

4. What are your preferred times to train?

Please select the hours that suit your schedule. These don't need to be exact times and will be used as a used guide to check our trainer's availability.

5. How did you hear about ANU Sport Personal Training?

6. Any other questions you have before you get started?



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TERMS AND CONDITIONS OF PERSONAL TRAINING

1. All appointments for personal training (PT) will be scheduled directly between the Personal Trainer and the client and/or member.
2. Subsequently, if a client requires to cancel or reschedule any previously scheduled appointments, the client must contact their Personal Trainer directly at least 24 hours in advance of the scheduled appointment.
3. If a client does not cancel or reschedule an appointment at least 24 hours in advance, the PT reserves the right to charge a cancellation fee equivalent to a full personal training fee that would normally be charged for that training session.
4. If a client fails to appear for a scheduled appointment, the trainer reserves the right to charge a no-show fee equivalent to the personal training fee that would have been charged for the training session.
5. All cancellations must be made 24 hours in advance of the scheduled appointment time by phone or email fitness.instructors@anu-sport.com.au.

I have read and agree to abide by the Terms and Conditions of ANU Sport Personal Training as detailed on this application form.

Signature of Client: _____ Date: _____

Thank you! You've completed the first step into discovering the new you!
We look forward to assisting you in reaching your fitness goals.

OFFICE USE ONLY

Customer Service

Date Received: ____/____/____ Name / Signed: _____

Fitness Services

Date Client Contacted: ____/____/____ Personal Trainer Assigned: _____

Name / Signed: _____ Date: ____/____/____