

Personalize Your Game Plan

Personal Training

Fitness is more than just attitude it is a way of life that everyone can find their perfect fit to redefine their lifestyle. The Brown Physical Education Department is redefining the fitness lifestyle on the college campus so everyone can unlock their inner athlete. After all, who says that living a healthy lifestyle has to be stressful or complicated for anyone. If you are in search for a more personalized game plan we have the perfect fit for you. Whether you're looking to continue your fitness regiment or take new strides to developing a new set of wellness goals. The Personalized Training Sessions are tailored to meet your demands and bring you to your personal fitness best.

Personal Training 101

For More Information On Our Personal Training Program Contact Us at (401) 863-2074
Department Physical Education & Recreational Sports
Box 1933, 235 Hope St.
OMAC 101
Providence, RI 02912
<http://brownbears.cstv.com/rec-sports/index.html>



Personal Training Session Packages(s)

Sessions are one hour in length, and the hour begins at scheduled meeting time

Single Session	\$45.00
4 Session Special	\$170.00
8 Session Special	\$330.00
12 Session Special	\$ 480.00

The Bear Essentials of Your Personalize Game Plan:

- Personal training sessions are available to card holding members of Brown University. This includes official Brown University ID card or Brown University recreation cards.
- Outside trainers are not permitted to train students, faculty or guests at any time. All personal training sessions are to be assisted by Brown University staff.
- Full fee will be charged for no shows and cancellations less than 12 hours before scheduled appointment.
- All sessions must be used within 6 mo. From date purchase.
- Sessions are not transferable and non-refundable.
- Gift Certificates are available in the OMAC suite 101.
- Our personal trainers are certified through various association please refer to our staff bios.

Client Name: _____
Assigned Trainer: _____

Personalize Your Game Plan

On behalf of the physical education department here at Brown we would like to welcome you as a valued member to our personal training program. Fitness is more than just an attitude it is a way of life that everyone can find their perfect fit to redefine their lifestyle. The Brown Physical Education Department is redefining this fitness lifestyle on the college campus so everyone can unlock their inner athlete. After all, who says that living a healthy lifestyle has to be stressful or complicated for anyone. If you are in search for a more personalized game plan we have the perfect fit for you. Whether you are looking to continue your fitness regiment or take new strides to developing a new set of wellness goals. The personal training sessions are tailored to meet your demands and bring you to your fitness best. Each session is one hour in length and must be completed within 6 months from the date of purchase.

Personal Training Packet Reminder

- Please complete the following forms & return to the physical education office at time of registration: PAR Q & You, Medical History Form, and Wellness & Lifestyles Questionnaire.
- Your assigned trainer will contact you no later than 4 business days after you complete registration to schedule your first session & assessment.
- It's helpful to bring your planner, organizer or PDA to the first session so that you can schedule your training sessions in advance.
- Be sure to wear athletic/workout attire to all training sessions
- Please be on time for your session. If you arrive more than 15 min. later for your scheduled session without prior arrangements the trainer reserves the right to leave the premises and forfeiture of the session will occur.
- In order to reschedule or cancel an appointment you must notify your trainer at least 24hrs in advance. Failure to do so will result in forfeiture of the session.

Thank you for joining us this season in redefining your fitness lifestyle at Brown and unlocking the inner athlete in you!

Brown University Physical Educational & Recreational Sports Department

Box 1933, 235 Hope St.

Providence, RI

<http://brownbears.cstv.com/rec-sports/>

**BROWN DEPARTMENT OF RECREATIONAL SPORTS & PHYSICAL EDUCATION
PERSONAL TRAINING REGISTRATION**

Name: _____ Email: _____

Phone (h) _____ w)
(c) _____

Address: _____ City: _____ St: _____
Zip: _____

Please indicate the days and times you would most be available for your first session Please allow approximately one week's notice for your session.

Day of the Week	Dates available (if applicable)	Times Available
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Other	

Personal Trainer preference: _____

Welcome to Personal Training with the Brown University Department of Recreational Sports & Physical Education Programs. We have a knowledgeable, talented staff that will assess your fitness level and design an exercise program that will meet your personal needs and interests.

By signing below, you have read and agree to the terms and policies of the Brown Personal Training Program. These policies are located on the last page of this packet and may be taken home with you. In addition, I attest that I have answered the PAR-Q truthfully and to the best of my knowledge. I agree to supply the Medical Clearance Form to the Personal Training Program staff if I answered 'Yes' to any of the seven PAR-Q questions. I understand that all forms must be submitted and payment made before scheduling can occur, this includes the Medical Clearance Form, if applicable.

If you have *diabetes* or a *thyroid* problem a Medical Clearance IS required and must be submitted prior to scheduling.

Signature _____

Date _____

Office Use Only

Membership Type (circle) Student Faculty Staff Spouse/Partner

Number of Sessions Purchased: _____ Date of Purchase: __/_____/____ Exp. Date: __/____

Check # _____ Amount Paid: _____ Office Staff Initials: _____