



Personal Training Request Form



Please complete and submit to reception.

Contact Information

Name:

Emergency Contact:

Phone Number(s): Second phone number

Email:

Availability - Indicate when you are available

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning
<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon
<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening	<input type="checkbox"/> Evening

Private Instructor Preference

Language: English French

Gender: Female Male No Preference

Preferred Trainer: No Preference

Goals

Agility / Flexibility General fitness Weight-loss

Sport specific training Strength-gain Other goal:

For City Staff to complete

Step 1: Please contact Personal Trainer to inform them of new client request

Staff Name: Date of Call: MSG Left /Spoke to PT

Step 2: Please follow up with Personal Trainer to ensure they have contacted the client

Staff Name: Date of Call: MSG Left /Spoke to PT

Personal Trainer (PT) Reminder: Please file under your tab and sign/date this page when client has been contacted.

PT Name: Client Contacted: Yes No Signature:

Personal information is collected under the authority of Section 28(2) of the Municipal Freedom of Information and Protection of Privacy Act R.S.O. 1990, c. M.56. Personal information will be used by the City for the purposes of administering this program. Questions about this collection and use of your personal information may be directed to Program Coordinator of Centralized Physical Activity Initiatives, 100 promenade Constellation Dr. | Ottawa, Ontario, K2G 6J8 fitnesstraining@ottawa.ca