LSU | University Recreation

Thank you for your interest in our Personal Training services here at UREC! We are excited to have the opportunity to help you achieve your fitness goals. Upon receipt of this request form, you will be contacted within 2 business days via email regarding the status of your request. The submission of this form is to show interest in our services, it does not lock you in or require you to move forward with training.

All personal training packages include an initial consultation and fitness assessment as the first session to benchmark your individual fitness level. You may decide on which package you would like to purchase after you speak with your assigned trainer. Packages will be purchased at the front desk and sessions will be logged in the trainer suite via your tiger/UREC card.

Participant Information

Last Name | First Name | Gender Identification | Age

Date of Birth | Phone Number | E-Mail Address

Classification

☐ UREC Student ☐ UREC Member ☐ Non-Member

Emergency Contact

Last Name | First Name | Phone Number | Relationship

Fitness Goal/s (select all that apply)

☐ Muscular strength
☐ Increase confidence and energy
☐ Reduce body fat and lose weight
☐ Weight gain
☐ Improve stamina and flexibility
☐ Recreation and sport performance
☐ Reduce blood pressure/cholesterol
☐ Improve cardiovascular fitness
☐ I want accountability and routine
☐ Improve balance and mobility
☐ I just want to learn
☐ General health/fitness
☐ Recovery after injury
☐ Reshape/tone
☐ Other

Anything else you would like us to know about your goals?

Desired Start Date:

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Availability (please specify times, put N/A if not available on that day)

Monday		Friday	
Tuesday		Saturday	
Wednesday		Sunday	
Thursday			

Trainer Preference

☐ No Preference ☐ Male ☐ Female

☐ Specific Trainer – Name:

What are the three most important qualities you are looking for in a trainer?

Pricing and Packages (Please select which you are most interested in)

	Student Pricing		*Member Pricing*	
Fitness Assessment Only	$25	☐	$35	☐
3 Sessions	$90	☐	$140	☐
5 Sessions	$140	☐	$210	☐
10 Sessions	$260	☐	$400	☐
20 Sessions	$480	☐	$700	☐
Buddy Training (10 sessions)	$170 per person	☐	$260 per person	☐
Programming Package	$50	☐	$100	☐

Do you have any special accommodations, medical conditions, or injuries that could affect your exercise routine?

Yes ☐ No ☐

If yes, please specify:

Thank you for taking the time to show your interest in our personal training services. Please complete the PAR-Q below and hit “SUBMIT”; we will reach out to you soon.

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2020 PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you.

General Health Questions

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	**YES**	**NO**
1) Has your doctor ever said that you have a heart condition ☐ OR high blood pressure ☐ ?	☐	☐
2) Do you feel pain in your chest at rest, during your daily activities of living, **OR** when you do physical activity?	☐	☐
3) Do you lose balance because of dizziness **OR** have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	☐	☐
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE:	☐	☐
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE:	☐	☐
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE:	☐	☐
7) Has your doctor ever said that you should only do medically supervised physical activity?	☐	☐

SUBMIT