

Request for Personal Training Form

Gottlieb Center for Fitness is pleased to offer a comprehensive personal training service to meet your fitness and lifestyle needs.

Our friendly and knowledgeable personal trainers can design and guide you through a complete workout based on your individual goals, interests and ability level.

If you have any questions regarding the program or policies, please contact us at (708) 538-5790.

Please list any other information that would assist in arranging your personal training program:

General Information

Name: _____

Date: _____

Phone: (Home) _____

(Work) _____

(Mobile) _____

Best time to call: _____

Schedule and Training Information

Days of the week I'm available for training:

Monday Tuesday Wednesday Thursday Friday

Saturday Sunday

Time preferences: _____

Trainer

I prefer: Male trainer Female trainer No preference

Specific Trainer: _____

