

Rider University SRC Personal Trainer Request Form

Date _____

Name _____

Telephone Number (____) _____ ext: _____

E-mail Address _____

Date of Birth _____

Gender (circle) Male Female

Fitness Goals (be as specific as possible)

Any Injuries or Limitations (be as specific as possible)

Do you prefer a male or female trainer? Male / Female

If you have a preference, please list the trainer's name

Days preferred: Mon Tues Wed Thurs Fri Sat Sun

Times preferred: _____

Preferred Start Date: _____

Thank you for your interest!!
A manager will review your request form and assign you a trainer.

RIDER SRC

Personal Training Packages

1 Session.....	\$60.00
4 Sessions.....	\$220.00
8 Sessions.....	\$400.00
12 Sessions.....	\$540.00

Payment: We accept cash, personal check, Master Card, Visa, AMEX, & Discover.

If interested in Group Training (which includes up to 4-5 people per group) please contact Brett Ashley Davis or Aron Talenfeld for more information.

Contact Information:

Fitness Manager/ACE Health Coach

Brett Ashley Davis

srcfit@rider.edu

(609) 896-7716

Certified Personal Trainer (ACE CPT, TRX)

Aron Talenfeld

budser@gmail.com