

PERSONAL TRAINING



New Member Special!

One Time Offer
Two 30-Minute
Personal
Training
Sessions
for only \$70



Fill out the Request Form on the back of this flier

*** 24 Hour Cancellation Policy Enforced ***



Hunterdon Health

Hunterdon Health and Wellness Centers

Clinton
1738 Route 31 North
908-735-6884

Whitehouse Station
537 Route 22 East
908-534-7600

Personal Training Request Form

Special Promotional Package Rates: \$70 for (2) 30 Minute Sessions

Name: _____ Date: ____/____/____

Phone: _____ E-Mail: _____

Primary Facility: Clinton/Whitehouse/Either (circle one)

Training Facility Preference: Clinton/Whitehouse/Either (circle one)

Specific Trainer's Name: _____ (optional)

____ Check if you would like a Fitness Supervisor to contact you.

Training Goals: (check any of the following which apply)

____ Body Fat Reduction ____ Strength Training

____ Toning ____ Post Rehabilitation

____ Flexibility ____ Cardiovascular Endurance

____ Balance ____ Sport Specific (Sport: _____)

Special Considerations: Please list any orthopedic or medical issues and anything else we should know:

Please indicate below, your initial preferences

Days/Times: (Please specify AM/PM)

Mon:____ Tue:____ Wed:____ Thu:____ Fri:____ Sat:____ Sun:____

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NEW MEMBERS ONLY



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