



PERSONAL TRAINING PARTNERSHIP -- INFORMATION

Personal training sessions are individualized, progressive workouts designed to meet your needs and goals that utilize a variety of techniques and equipment.

Sessions can be scheduled weekly, bi-weekly, monthly or as needed.

One-on-one session investments*

45 minutes: \$35	2 weekly 45 minutes: \$35/\$30
30 minutes: \$28	2 weekly 30 minutes: \$28/\$22

*A discount is offered per person for small group training. Prices will be dependent on the number of participants.

Please complete the following information and submit it to: embodyhealthlewiston@gmail.com or bring to the Embody studio.

Name: _____

Cell Phone Number: _____

Email Address: _____

Describe your current fitness routine:

Describe any prior fitness experiences:

Describe any chronic injuries, physical limitations, and/or prior surgeries:

Which days/times are you available for training:

Would you prefer 30 or 45-minute session(s): _____

How often would you like your sessions (once a week, twice a week, bi-weekly, etc.)? _____

What are you looking for from a personal trainer: _____



Please describe your overall health and wellness goals:

Please describe your fitness goals:

Describe any current barriers that are keeping you from your goals:

Any other information you would like to share:
