

Personal training form

Effective January 2026



Participant information

First & last name: _____ Email: _____

Address (city, state, zip): _____ Phone: _____

Please contact me by: email ___ phone ___ Signature: _____ Date: _____

Packages - select one

Prices valid through December 2026

	Non-resident	Shoreview resident
3 sessions	___ \$258	___ \$232
6 sessions	___ \$489	___ \$439
12 sessions	___ \$924	___ \$832
24 sessions	___ \$1,748	___ \$1,534

Assessments are included for first-time clients.

Personal trainers - circle one

Austin	Gabriel	Scott
Becky	Lauren	Wendy
Brian	Maria	
Daniel	Mike	Undecided
Gabe	Roven	

Payment

We accept cash, check, or any major debit/credit card. If signing up outside office hours with a card, our staff will call you at the number above within one business day to obtain card information. Online registration also available at shoreviewcommunitycenter.com/personal-training

If you have questions regarding our personal training please contact the Personal Training Coordinator at 651-490-4768.

Packages

Packages must be paid in full, on or before the first meeting with your trainer. Personal training sessions are 50 minutes in length. All personal training sessions and packages expire one year from date of purchase. Assessments are included with each package listed above for first time clients.

Assessments

Assessments are used to determine current fitness levels. Measurements and tests taken during assessments will be specific to the goals/needs of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, posture assessment, cardiovascular testing, and sports-specific tests. Assessments vary in length from 30 to 50 minutes depending on specific tests included.

Cancellations

If for any reason, a trainer has to cancel their appointment with less than a 24 hour notice, the client will be provided a complimentary session at the next regularly scheduled time. In return, we request a 24 hour cancellation notice. If a 24 hour notice is not given by the client, the client will be charged for the full amount of the scheduled appointment.

Promptness

If a trainer is more than 15 minutes late, the client will receive a complimentary 50-minute session arranged at a mutually convenient time for the client and the trainer. If a client is late for the scheduled session, there will be a reduction in the session length equal to the time late. The client will be billed at the scheduled rate. If the client is more than 15 minutes late, the trainer has the right to cancel the session and bill the client for the session.

Refunds

All personal training packages/sessions are non-refundable. Under extenuating circumstances such as illness or injury, alternative arrangements may be made at the discretion of the Personal Training Coordinator. If for any reason, a trainer does not suit a client's needs, another trainer will be provided.

Waiver of liability

In consideration for being allowed to participate in the activity, participant and/or participant's parent, legal guardian, or conservator hereby releases, indemnifies, defends and hold harmless the city, its officers, officials, employees, insurers, agents, contractors, representatives, and servants, from and against all liabilities, claims, causes of action, demands, losses, damages, judgments, or other obligations (including attorney's fees and costs), including those arising from any third party claims, on account of injury, loss or damage which arise out of, or are in anyway related to, participation in the described activity or use of city's facilities/properties.

	Education	Certifications	Specialties
Austin	US ARMY APFT AS from Century College Working towards BS in Exercise Science	American Council on Exercise, Certified Personal Trainer, Fitness Nutrition Specialist, Corrective Exercise Specialist, Functional Training Specialist	Strength building & hypertrophy training, interval training, program design & modifications, safety & risk management
Becky	Metropolitan State University BA, Business/Marketing	American Council on Exercise Certified Personal Trainer Silver Sneakers Instructor	New to exercise programs, posture retraining, fitness maintenance while aging
Brian	University of Minnesota-Duluth BA Communications	American Council on Exercise International Sports Sciences Association National Academy of Sports Medicine	Coaching/counseling background, program design novice to advanced, strength, power, powerlifting, bodybuilding, post injury/illness recovery, exercise for longevity
Daniel	University of Minnesota Duluth BA	Certified Personal Trainer International Sports Science Association	Mobility, joint relief, Increasing lean muscle mass, weight loss, overcoming mental barriers
Gabe	BS Exercise Science SMSU AS Health Science ARCC	ACSM Certified Personal Trainer CPR/AED	Hypertrophy training, strength training, US Army APFT, sport performance, powerlifting
Gabriel	University of Minnesota BS, Kinesiology	Personal Training & Group Fitness, Fitour, USA Boxing Certification Level 1, Black Belt Certification, World Tae Kwon Do Federation, TRX Certification, Lifeguard, Red Cross, CPR/AED and First Aid Professional Rescuer, Red Cross	Senior balance, strength & mobility, body weight, free weight and resistance machines for strength development, self- defense, boxing and martial arts for fitness
Lauren	University of St. Thomas BS	NASM Certified Personal Trainer CPR/AED	Strength training for all ages & levels, weight loss/healthy lifestyle coaching, balance, coordination, strength for older adults, athletic performance
Maria	University of St. Thomas BS, Marketing DePaul University, MBA	American Council on Exercise Group Fitness Instructor NCCPT Personal Trainer BOSU Balance	Balance, running management, functional strength training
Mike	University of Minnesota	American Council on Exercise NASM Certified Personal Trainer Performance Enhancement Specialist, National Education Trainer Association, Studio Cycle, Kettlebells	Sports performance endurance training (marathons, triathlons)
Roven	University of St. Thomas BS, Exercise Science. The College of Saint Scholastica MS, Exercise Physiology	National Strength and Conditioning Association Certified Strength and Conditioning Coach (CSCS). CPR/AED, ACLS	Strength and hypertrophy training for all ages. Sport performance. Exercise for clinical population post cardiac events
Scott	University of Minnesota BA Degree Communication Studies, United States Marine Corps Institute Physical Fitness & Nutrition Specialist	ACE Personal Trainer Senior Fitness Specialist Physical Mind Pilates Yoga Vida Group & Individual Yoga PADI Master Scuba Instructor Marine Corp Institute Physical Education & Nutrition	Strength training, balance, flexibility, meditation, nutrition coaching
Wendy	St. Olaf College & Bethel University BA, Sports Sciens, Health & Physical Education Licenses	American Council on Exercise Certified Personal Trainer Certified Group Fitness Instructor USSoccer National D Coaching License US Lacrosse, National Coaching Certification	Pilates, posture re-training, working with athletes, weight lifting technique