

# PERSONAL TRAINING REGISTRATION FORM



## Welcome to Personal Training at the Shoreview Community Center!

Our group of highly qualified and experienced trainers are committed to helping you achieve your health and fitness goals!

If you have questions regarding our personal training policies or other concerns, please contact the Personal Training Coordinator.

### 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 below 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.

## MEMBER INFORMATION:

LAST NAME:	FIRST NAME:	MEMBER ID: ( )
ADDRESS:	CITY, STATE, ZIP:	PHONE #:
<b>CHOOSE ONE:</b>		
PREFERRED CONTACT: <input type="checkbox"/> E-MAIL <input type="checkbox"/> PHONE <input type="checkbox"/> E-MAIL:		

## PERSONAL TRAINING PACKAGES - CHOOSE ONE PERSONAL TRAINERS - CIRCLE CHOICE

	REGULAR	RESIDENT		
*THREE SESSIONS	___ \$209	___ \$193	JESS	WENDY
*SIX SESSIONS	___ \$394	___ \$366	WANDA	GABRIEL
*TWELVE SESSIONS	___ \$746	___ \$679	MIKE	ADRIENNE
*TWENTY FOUR SESSIONS	___ \$1410	___ \$1286	TIM	AUSTIN
			NICK	BECKY
(*Assessment included with each package for first time clients.)				

### PAYMENT TYPE:

CASH

CHECK #: \_\_\_\_\_

CREDIT CARD Due to PCI compliance we can only take credit cards in person or over the phone. If you are signing up outside office hours please provide a phone number and our staff will call you within one business day to obtain credit card information.

Phone number: \_\_\_\_\_

### WAIVER OF LIABILITY:

In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I further understand that the personal information I provided on this form, (name, birthdate, address, email address, phone number), is considered private data and not giving the information may limit future contact about program updates and changes. I understand that this information is available to staff, coaches, volunteers, contractors, city auditors, attorney, and insurers as needed to perform their job duties. I do hereby allow the City of Shoreview to use any photographs and videos taken by the city, of the individual(s) named herein, in city print and electronic publications released to the general public.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# MEET OUR PERSONAL TRAINERS

## WANDA BROWN

### Education

- University of Nebraska, Lincoln
- Bachelors of Science, Elementary Education and Human Development

### Certifications

- National Exercise Trainers Association, Certified Personal Trainer
- National Exercise Trainers Association, Certified Group Fitness Instructor
- Certified Lifepower Yoga Instructor

## WENDY FRANTZ

### Education

- St. Olaf College, Bethel University
- Bachelor of Arts, Sports Sciences, Health and Physical Education Licenses

### Certifications

- American Council on Exercise Certified Personal Trainer
- Certified Group Fitness Instructor
- USSoccer
- National D Coaching License
- USLacrosse
- National Coaching Certification

### Specializations

- Pilates, posture re-training, working with athletes, weight lifting technique

## BECKY HAAF

### Education

- Metropolitan State University
- Bachelor of Arts, Business/Marketing

### Certifications

- American Council on Exercise Certified Personal Trainer
- Silver Sneakers Instructor

### Specializations

- New to exercise programs, posture retraining, fitness maintenance while aging

## ADRIENNE PEPPIN

Assistant Group Fitness Coordinator

### Certifications

- Nets Certified
- Group Fitness Instructor
- Personal Trainer

### Specializations

- Body mechanics
- Proper lifting technique
- Teaching group fitness classes since the late 1980's

## JESS TEED

### Education

- University of Minnesota - Twin Cities, B.S. Human Resources Development

### Certifications

- American Council on Exercise (ACE) Certified Personal Trainer
- Certified Yoga Instructor 200 hour RYT

### Specialties

- Yoga Instruction
- General Group Fitness Instruction
- TRX Training
- Senior Fitness
- General Fitness

## AUSTIN JORDI

### Certifications

- American Council on Exercise Certified Personal Trainer

### Specializations

- US ARMY APFT
- Strength Building & Hypertrophy Training
- Interval Training
- Program Design & Modifications
- Safety & Risk Management

## NICK HAYES

### Education

- University of St. Thomas

### Certifications

- Certified Personal Trainer, American College of Sports Medicine
- Certification for CPR and AED, American Heart Association

### Specializations

- Sport specific performance training
- Speed and agility training
- Power lifting
- Weight management
- General fitness

## MIKE PANTALEO

### Education

- University of Minnesota

### Certifications

- American Council on Exercise
- Certified Personal Trainer
- National Association of Sports Medicine
- Performance Enhancement Specialist
- National Education Trainer Association
- Studio Cycle
- Kettlebells

### Specializations

- Sports Performance
- Endurance Training (Marathons, Triathlons)

## TIM KERSEY

### Education

- University of Arizona
- Bachelors of Science, Physiological Sciences

### Certifications

- American College of Sports Medicine
- Certified Exercise Physiologist
- United States Track and Field
- Certified Level 2 Coach- Endurance

### Specialties

- Assessments and Risk Stratification
- Exercise Program Design
- Health and Fitness Education

## GABRIEL LOPEZ

### Education

- University of Minnesota
- Bachelor of Science, Kinesiology

### Certifications

- USA Boxing Certification Level I
- Krav Maga IKMF Certification PT. I
- WTF Black Belt Certification

### Specializations

- Resistance training with weights and body weight
- Sports performance: speed, agility, quickness
- Self-defense for women and senior citizens
- Boxing and martial arts for fitness