



## Personal Trainer Information

Please read through the descriptions of each personal trainer then fill out the form attached.

**Corey Valentine**— Corey Valentine was born and raised in Mount Airy, NC and loves to serve the community that helped build him. Corey received his personal trainer certification through IFTA. He has been involved with programs for teens in fitness, weight loss challenges, coached youth basketball, coached MA High School track, and volunteers with 5K's. Corey is trained to help with all fitness levels whether it's beginning or advanced, if your goal is to lose weight or build muscle, Corey is the guy for you! He loves to see his clients exceed in their personal goals.

**Mandy Martin** — As a personal trainer and fitness instructor with over 14 years of experience, Mandy focuses on fat loss and strength building through rest based training. Offering only 30 minute sessions, Mandy's ideal client is someone who is looking to take their fitness to the next level and "work smarter, not harder".

**Rachael Williams**— Rachael is a NASM Certified Personal Trainer, SilverSneakers certified Instructor, as well as AAAI/ISMA certified Yoga Instructor. Her passion for fitness began in 2012 when she started putting in the work at the gym and saw it transform the way she moved outside of the gym. She has a passion for whole-body wellness and focuses on a mind-body connection through movement. Rachael specializes in strength training, senior fitness, and corrective exercise.

**Sandra King**— Sandra King has worked as a personal trainer for 20 years and as a fitness instructor for 26 years with numerous certifications. Her specialties range from BootCamp, kickboxing, Circuit/Interval Training, Zumba, Schwinn Indoor Cycling, yoga, step-aerobics, Stability ball, and Nautilus Strength Training. She also specializes in Senior/Adult Fitness and Strength Training.

**Kallan Fitzgerald**— Kallan is a Certified Personal Trainer, Nutritionist, Health Coach, Transformation Specialist, and MixedFit® Instructor. She has been in the health and fitness scene for over 9 years and certified for over 3 years. Kallan understands the habits and skills it takes to nourish the body and achieve sustainable results such as fat loss, muscle building, and proper recovery utilizing nonrestrictive approaches. She is currently adding to her list of certifications as she pursues Women's Coaching Specialist and Corrective Exercise Specialist. Kallan's passion and motivation is to help you become the best versions of yourself and have a goal to improve through progress over perfection. Health and Fitness is not a one-size-fits-all. You deserve to have your own unique approach to get you to your goals. If you have commitment, honesty, and effort, you're already on the path to success.

# Personal Trainer Request Form

Please complete the form in its entirety and return to the Front Desk Staff!

## Contact Information

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## Trainer Preference

1<sup>st</sup> Choice: \_\_\_\_\_ 2<sup>nd</sup> Choice: \_\_\_\_\_ 3<sup>rd</sup> Choice: \_\_\_\_\_

## Availability

<u>Monday</u> <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening
<u>Tuesday</u> <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening
<u>Wednesday</u> <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening
<u>Thursday</u> <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening
<u>Friday</u> <input type="radio"/> Morning <input type="radio"/> Afternoon <input type="radio"/> Evening

How many days a week would you like to train? \_\_\_\_\_

Goals/Objectives: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list any questions/comments/concerns you may have: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you consider yourself:

Beginner

Intermediate

Advanced

Personal Training ½ Hour	\$25
Personal Training 1 Hour	\$35
4 – ½ Hour Personal Training Sessions	\$100
8 – ½ Hour Personal Training Sessions	\$190
12 – ½ Hour Personal Training Sessions	\$275
20 – ½ Hour Personal Training Sessions	\$440
4 – 1 Hour Personal Training Sessions	\$140
8 – 1 Hour Personal Training Sessions	\$260
12 – 1 Hour Personal Training Sessions	\$370
20 – 1 Hour Personal Training Sessions	\$600

### FRONT DESK ONLY

**Step One: Contact Personal Trainer to inform of possible client**

Initials: \_\_\_\_\_ Date: \_\_\_\_\_

**Step Two: Follow up with Personal Trainer to ensure they have contacted the possible client (3 days)**

Initials: \_\_\_\_\_ Date: \_\_\_\_\_