

Medical/Physical Information

This information will be reviewed only by our Personal Trainers and is deemed confidential.

What time of day do you prefer to train?
(Check all that apply)

Early Morning _____

Mid-Morning to Early Afternoon _____

Late Afternoon to Evening _____

Weekdays _____ Weekends _____

Do you currently exercise? YES NO

If yes, how often per week and what type of exercise?

Do you consider yourself (circle one):

Sedentary Moderately Active

Lightly Active Highly Active

What do you hope to achieve from personal training? _____

List any major health conditions you have?

Have you used a personal trainer in the past?

YES NO

***Plan to arrive 15 minutes early to your first appointment.**

JACKSON COUNTY
PARKS & RECREATION
DEPARTMENT

PERSONAL TRAINING— SET GOALS ACHIEVE THEM

Safety

Your trainer will show you how to exercise safely, effectively, and efficiently.

Results

Your trainer will provide you with the tools to reach the goals you have set together.

Motivation

Your trainer will encourage you through the process of bettering yourself.

New skills

Your trainer will teach you how to challenge yourself through new and exciting training techniques.

Education

Your trainer will teach you how to exercise in a safe and effective manner, enabling you to adopt a more complete and healthful lifestyle.



JACKSON COUNTY
PARKS & RECREATION
DEPARTMENT

Personal Training Services



88 CULLOWHEE MOUNTAIN RD
CULLOWHEE, NC 28723
828-293-3053
WWW.JACKSONNC.ORG/PARKS
-AND-RECREATION

 **JACKSON COUNTY**
PARKS & RECREATION DEPARTMENT

What is Personal Training?



Package Options:

If you are not a member of the facility, you will be required to pay the \$5 daily rate (\$3 for seniors).

Personal Training:

1 session - \$40

5 sessions - \$185

10 sessions - \$375

Fitness Assessment (cannot be included in a package—no training): **\$50**

*Each client must have an individual Fitness Assessment prior to training.

*Individual sessions have a 3 month from purchase expiration.

*5 session packages have a 6 month from purchase expiration.

*10 session packages have a 12 month from purchase expiration.

Partner Training (2 people):

1 session—\$50

5 sessions - \$250

10 sessions-\$460

Important to know:

Sessions are 55 minutes.

Cancellations must be made at least 24 hours in advance or the client will be charged for the session.



Answer all questions (front and back).
Cut along the line and return the completed form to the Front Desk.
A trainer will contact you soon.

If you have any medical conditions, are not currently exercising, and/or have not seen your primary care physician in over a year, you will be required to obtain a medical clearance before beginning your exercise program.

DATE _____

NAME _____

GENDER _____ BIRTHDATE _____

TELEPHONE _____

E-MAIL _____

ADDRESS _____

Are you a member of the Recreation Center?

Y N



Personal training could be that “thing” you’ve been looking for! The Jackson County Parks and Recreation Department (JCPRD) provides certified trainers who are trained and motivated to help you reach your goals.

All trainers must have a current certification from a nationally recognized organization, be CPR/First Aid certified, and have a contract with JCPRD to provide services. The trainers have been through extensive testing and ongoing education, adhering to industry quality standards to provide you with individualized results.

Your trainer has one job—to help you achieve your goals. Whether it be weight loss, increased strength, increased muscle weight, disease prevention/control, or general overall wellness, your trainer will help you succeed.

Your first session with your trainer will be your fitness assessment which will include detailed health history disclosure, goal setting, and a fitness assessment. The assessment will include body fat analysis, cardiovascular and muscular evaluations, flexibility tests, and general health review.

