



Thank you for your interest in our Personal Training services here at UREC! We are excited to have the opportunity to help you achieve your fitness goals. Upon receipt of this request form, you will be contacted within 2 business days via email regarding the status of your individual fitness level. You may decide on which package you would like to purchase after you speak with your assigned trainer. Packages will be purchased at the front desk and sessions will be logged in the trainer suite via your UREC card.

Last Name

First Name

Gender Identification

Age

Date of Birth

Phone Number

E-Mail Address



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

No Preference    Male

