



Broomfield Recreation Services



Request for Personal Training, Pilates Reformer, Weight Room Orientation OR Youth Certification

(Please circle what services you are looking for)

Date of Request: _____

Name: _____ Male or Female: _____ Age: _____

Street Address: _____ City: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

Email Address: _____ Do You Use Email Regularly? _____

Emergency Contact and Phone Number: _____

Trainer/Instructor Requested: _____

Availability: _____

Goals: _____

CURRENT PHYSICAL ACTIVITY LEVEL:

How many days per week do you spend exercising? 0-1 2-3 4-5 6-7

How many minutes do you spend exercising per workout? 1-15 15-30 30-45 45-60 60+

Do you exercise in a gym or at home? _____

Why do you exercise?

- I don't.
- It's good for my health.
- It makes me feel good.
- I'm required to exercise or my doctor told me too.
- I'm trying to lose weight.

RELEASE AND INDEMNIFICATION AGREEMENT – I understand that participating in any athletic sports program or any physically related activity may be dangerous and involves risk of injury, loss or damage. By signing this agreement, I hereby release the City and County of Broomfield, it's employees and it's officials, from any and all claims from injury, loss, death or damage that may occur as a result of participation in Recreation Services programs or while using the City and County facilities, whether or not cause by the act, omission, negligence or other fault or the City and County of Broomfield, it's officials, it's employees, or by any other cause. I further agree to defend, indemnify and hold harmless the City and County of Broomfield, it's officials, it's employees, insurers and self-insurance pool, from and against all liability claims and demands, court costs, and attorney fees, on account or injury, loss, damage whatsoever.

Participant Signature and Date

Cancellation Policy: *please* call 24 hours in advance of your appointment to cancel or reschedule. Personal Training & Pilates appointments may be charged 50%. Failure to cancel weight room orientation or Youth Certification offered with the rec pass will result in forfeiting your free orientation and can be rescheduled for \$15.00.

Initial Here _____