

I am interested

- Fitness Assessment**
(60 minutes - requires workout attire)
- Nutrition Assessment**
(30 minutes)

Member Name _____

Member Phone _____

Member Email _____

Availability

Morning
5-11am

- Mondays
- Tuesdays
- Wednesdays
- Thursdays
- Fridays
- Saturdays
- Sundays

Afternoon
12-4pm

- Mondays
- Tuesdays
- Wednesdays
- Thursdays
- Fridays
- Saturdays
- Sundays

Nights
After 5pm

- Mondays
- Tuesdays
- Wednesdays
- Thursdays
- Fridays
- Saturdays
- Sundays

INTERNAL USE ONLY

STAFF INITIAL

DATE & TIME