



Personal Training Application



Romeoville Recreation Department • 900 W. Romeo Rd. • Romeoville, IL 60446 • (815) 886-6222 • www.romeoville.org

This form needs to be completed after an appointment for a personal training session(s) has been arranged through the Recreation Center Fitness Coordinator. Please call (815) 886-6222 if you haven't already arranged an appointment. If you are unable to attend a paid sessions, it is your responsibility to contact your personal trainer 24 hours prior to agreed session. Otherwise scheduled session will be counted towards paid sessions.

Date _____

Member Last Name _____ First Name _____

Head of Household Last Name _____ First Name _____

Address _____ City/State _____ Zip _____

Primary Phone (____) _____ Secondary Phone (____) _____

Cell Phone (____) _____ Work Phone (____) _____

Emergency Contact _____ Emergency Phone (____) _____

Birthdate (mm/dd/yy) _____ Age _____ Gender _____

Email Address _____

Valid form of I.D.

Current Fit 4 Life ID Current Illinois Driver's License Current Illinois State ID

Personal Training Packages	Individual Member	Individual Non Member	Semi Private Member*	Semi Private Non Member*
The Two Pack - Two 1-hour sessions	<input type="checkbox"/> \$67	<input type="checkbox"/> \$81	<input type="checkbox"/> \$87	<input type="checkbox"/> \$115
The Four Pack - Four 1-hour sessions	<input type="checkbox"/> \$134	<input type="checkbox"/> \$162	<input type="checkbox"/> \$174	<input type="checkbox"/> \$230
The Six Pack - Six 1-hour sessions	<input type="checkbox"/> \$180	<input type="checkbox"/> \$222	<input type="checkbox"/> \$240	<input type="checkbox"/> \$324
The Twelve Pack - Twelve 1-hour sessions	<input type="checkbox"/> \$340	<input type="checkbox"/> \$420	<input type="checkbox"/> \$480	<input type="checkbox"/> \$648

*Semi Private Partner _____

Personal Trainer (if known) _____

OVER

(This form must be turned in with a signature. Forms without signatures will not be processed. Please see other side for participation waiver.)

OFFICE USE ONLY

Amount Paid _____

Receipt # _____ Expiration Date _____

Check # _____ Credit Card _____ Cash _____

Scheduled Date(s)/Time _____

Staff Initials

Health History

Family Physician _____ Phone (____) _____

Allergies _____ Blood Type _____

Emergency Contact Person (name and number) _____

Please indicate if you have ever experienced any of the following conditions:

- Heart Attack
- High cholesterol (over 250)
- Hardening of the arteries
- Stroke
- Back or spinal injury
- Diabetes (using medication)
- Heart disease
- Medications for high blood pressure
- High blood pressure (145/95)
- Abnormal EKG
- Medications for the heart

Other important medical information _____

I realize that my answers to the above and following questions will be considered by the Romeoville Recreation Department in determining whether I shall be permitted to participate in certain programs offered by the department and accordingly I certify that such answers are true and correct and in the event that any such answers should prove to be untrue, I release the Romeoville Recreation Department from any and all liability, loss, costs, damage and expenses resulting from its reliance thereof.

Member Signature _____ Date _____

Refund Policy - memberships are nonrefundable unless you meet the requirements for one of the two exceptions: 1. a written doctor's note stating you are unable to use the fitness center or 2. proof of relocation outside of 15 miles from the Romeoville Recreation Center. All other requests for refunds must go through, and be approved by, the Fitness Center Coordinator.

ROMEOVILLE RECREATION DEPARTMENT – PARTICIPANT AGREEMENT - NOTE: this agreement must be signed by all adult participants and must also be signed by a parent or guardian of any minor seeking to participate in any recreation department programs or activities.

WARNING OF RISK

Despite the implementation of all reasonable precautions by the Department, an unavoidable risk of serious injury will always exist when participating in any recreational activity. Not all hazards and dangers can be foreseen. Participants and parents/guardians of minor participants must understand that certain risks and hazards will be inherent to participation in that activity, including but not limited to risks and hazards associated with inclement weather, slip and falls, overexertion and fatigue, disregarding safety rules and instructions, collision with stationary objects or other participants, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating. Accordingly, the Department hereby informs all participants and parents/guardians of minor participants that it is impossible for the Romeoville Recreation Department to guarantee absolute safety for all program and activity participants.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

I acknowledge and assume the risks of property damage, accidents, injuries (including death), loss of bodily functions, disabilities, medical disorders, pain and suffering, lost income and medical expenses that arise from participation in any program or activity offered by the Department, and my use of facilities, transportation services, premises and equipment provided by the Department. I further acknowledge that the foregoing risks may arise from my own action or inaction, the actions or inaction of other program or activity participants, the conditions under which a program or activity is conducted, or from the negligent actions or inaction (including any failure to warn) of Department personnel, contractors or service providers. I also acknowledge that from time to time, the Village of Romeoville and/or the Department may take photographs of me participating in programs or activities offered by the Department for use and publication in various publications or media, including but not limited to the Village's website, department program brochures or materials, and Village or Department informational, promotional or marketing materials, and I hereby expressly grant to the Village of Romeoville and the Department the right to use and publish such photographs as contemplated herein, all without compensation or payment for such use and publication. In consideration of being allowed to participate in programs or activities offered by the Department, I hereby release, waive and discharge the Village of Romeoville and its officers, officials, employees, agents, volunteers and contractors (collectively, the "Releasees") from any and all liability and all claims of any kind whether for personal injury, property damage or death, arising from participation in any activity or program offered by the Department, or arising from the use or publication by Releasees of photographs of me participating in programs or activities offered by the Department, whether or not caused by the negligence of the Releasees or any of them and further covenant that I shall not sue any of the Releasees with respect to any such liability or claims. In the event that I or anyone else nonetheless makes a claim or files suit against Releasees arising out of any of the above-described matters, I will indemnify and hold Releasees harmless of and from any and all damages or judgments and costs of litigation, including attorney fees. The provisions hereof are to be construed as broadly as possible in favor of Releasees, and this Agreement as a whole shall be governed by the laws of the State of Illinois (without reference to the conflicts of laws rules thereof). If any part of this Agreement shall be ruled invalid by a court having jurisdiction, the balance shall be enforced to the maximum possible extent. I am signing this Agreement freely and voluntarily, having read and understood it and with a full opportunity to consider its substance and with the intention of fully and unconditionally assuming the risks and releasing the liabilities as described above in this Agreement.

Date Printed Participant Name Participant Signature

REQUIRED PARENT/GUARDIAN SIGNATURE FOR MINOR PARTICIPANTS

I am the parent or legal guardian of _____, and am registering _____ to participate in a program or activity offered by the Romeoville Recreation Department. I have read and reviewed this Agreement, and am voluntarily signing it on behalf of my child/ward _____, in my capacity as parent and legal guardian. By signing below, I am agreeing on behalf of my child/ward to be bound along with my child/ward by all terms and conditions of this Agreement as set forth above, including but expressly not limited to those terms and conditions pertaining to the taking of photographs of program and activity participants, the use and publication of such photographs and the release of all claims associated therewith.

Date Printed Parent/Guardian Name Parent/Guardian Signature



Personal Training Packages at Fit 4 Life Fitness Center



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At Fit 4 Life you'll get personal training to meet your specific needs. Whether you need to tone your quadriceps or need that first step to physical fitness, our certified personal trainers will help you achieve your goals! Both beginners and fitness gurus will benefit from the motivation, guidance and proper instruction to insure a safe and efficient workout. The perfect fitness program is waiting for you!

A fitness assessment is included in your initial session and includes body composition, one-minute sit up test, one-minute push up test, three-minute step test, flexibility test, bench press, cardiovascular assessment, strength training program, and goal setting with your certified personal trainer. Each pack is listed by the number of hour-long sessions you will meet with the personal trainer. Please call (815)-886-6222 to set up your hourly appointment.

Fit 4 Life Fitness Center Hours of Operation

Monday – Friday 5:00am - 9:30pm • Saturday – Sunday 8:00am - 7:00pm

***Summer Hours:** Saturdays and Sundays beginning July 4th through Labor Day weekend the Recreation Center and Fit 4 Life Fitness Center will close at 5:00pm. Regular hours resume after Labor Day.*

***Fitness Center Closings:** The Fit 4 Life Fitness Center and Romeoville Recreation Center will be closed at various times throughout the year for certain special events and holidays. Please contact the Recreation Department for an updated list of Fitness Center closings.*

Fit 4 Life Fitness Center Rules

1. Before beginning any exercise program, please consult your personal physician, especially if heart, circulatory or respiratory problems exists.
2. No food, beverages (except for water) or smoking are permitted in the Fitness Center.
3. Persons under the age of 16 years are not permitted to use or be in the Fitness Center without parent or legal guardian. Persons 13 - 15 years may use the Fitness Center only with parent or legal guardian with current membership. Children under the age of 13 are not permitted to be in the Fitness Center unless directed by a physician.
4. Children of Fit 4 Life members are not permitted in the Fitness Center.
5. Proper attire must be worn at all times including shirts, shorts, socks and athletic shoes. Street clothes are not permitted.
6. Abuse of equipment will not be tolerated. Offenders may lose use of privileges.
7. Please wipe down equipment with a towel after usage.

THE BENEFITS ARE ENDLESS!
