



PERSONAL TRAINING ENQUIRY FORM

Please fill out your details below and return to reception. Our Personal Training Co-ordinator will contact you as soon as possible.

Date.....
 Name.....
 Address.....
 Phone: H..... M.....
 The best time to contact me is.....
 My preferred training day/time is.....

Are you a current member Yes No

My exercise goals are.....

List sports/activities you are currently participating in.....

How did you hear about Personal Training at Aquarena?

Personal Trainer preference Male Female

Specific Personal Trainer Requested.....

Please Note: When a specific Trainer is requested we will endeavour to accommodate that request, but cannot guarantee availability. The Personal Training Co-ordinator will contact you to discuss any issues.

Thank you for completing our Personal Training enquiry form

The Manningham YMCA acknowledges and respects the privacy of individuals. The information collected on this form is for the Manningham YMCA and its authorised staff. You have the right to access and alter personal information concerning yourself in accordance with the Commonwealth Privacy Act (Amended 2001) and the YMCA Privacy Policy.

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