

Personal Training Inquiry Form

Please complete the inquiry form. Enter your details in the boxes and save when complete.

Name

Phone

Email

What is your main reason for inquiring about Personal Training?

Choose all that apply

Lose Weight

Gain Strength

Recover from an injury

Sports specific

Improve fitness

What exercise are you currently doing?

Have you worked with a Personal Trainer before?

Yes

No

What is your current fitness level?

Poor

Fair

Decent

Awesome

Other

Is there anything else you would like to tell us?

Please email this form back to richard@rpefitness.ca

(This is not an obligation to sign up for a training/nutrition program).