

# Buddy personal training form

Effective January 2024

Buddy personal training is where you and a friend both train together with one trainer. You must know who your "buddy" is at time of signing up. Each participant must pay the fee(s) below.

## Participant information



First & last name: \_\_\_\_\_ Email: \_\_\_\_\_

Address (city, state, zip): \_\_\_\_\_ Phone: \_\_\_\_\_

Please contact me by: email \_\_\_ phone \_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Packages - select one Prices valid through December 2024

	Non-resident	Shoreview resident
3 sessions	___ \$186	___ \$167
6 sessions	___ \$346	___ \$311
12 sessions	___ \$655	___ \$590

*Assessments are included for first-time clients.*

### Personal trainers - circle one

Austin	Jennifer
Becky	Lauren
Brian	Maria
Daniel	Mike
Gabe	Scott
Gabriel	Wendy

## Payment

We accept cash, check, or any major debit/credit card. If signing up outside office hours with a card, our staff will call you at the number above within one business day to obtain card information.

If you have questions regarding our personal training please contact the Personal Training Coordinator at 651-490-4768.

### Packages

Packages must be paid in full, on or before the first meeting with your trainer. Personal training sessions are 50 minutes in length. All personal training sessions and packages expire one year from date of purchase. Assessments are included with each package listed below for first time clients.

### Assessments

Assessments are used to determine current fitness levels. Measurements and tests taken during assessments will be specific to the goals/needs of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, posture assessment, cardiovascular testing, and sports-specific tests. Assessments vary in length from 30 to 50 minutes depending on specific tests included.

### Cancellations

If for any reason, a trainer has to cancel their appointment with less than a 24 hour notice, the client will be provided a complimentary session at the next regularly scheduled time. In return, we request a 24 hour cancellation notice. If a 24 hour notice is not given by the client, the client will be charged for the full amount of the scheduled appointment.

### Promptness

If a trainer is more than 15 minutes late, the client will receive a complimentary 50-minute session arranged at a mutually convenient time for the client and the trainer. If a client is late for the scheduled session, there will be a reduction in the session length equal to the time late. The client will be billed at the scheduled rate. If the client is more than 15 minutes late, the trainer has the right to cancel the session and bill the client for the session.

### Refunds

All Personal Training packages/sessions are non-refundable. Under extenuating circumstances such as illness or injury, alternative arrangements may be made at the discretion of the Personal Training Coordinator. If for any reason, a trainer does not suit a client's needs, another trainer will be provided.

### Waiver of liability

In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I further understand that the personal information I provided on this form, (name, birthdate, address, email address, phone number), is considered private data and not giving the information may limit future contact about program updates and changes. I understand that this information is available to staff, coaches, volunteers, contractors, city auditors, attorney, and insurers as needed to perform their job duties. I do hereby allow the City of Shoreview to use any photographs and videos taken by the city, of the individual(s) named herein, in city print and electronic publications released to the general public.

	Education	Certifications	Specialties
<b>Austin</b>	US ARMY APFT AS from Century College Working towards BS in Exercise Science	American Council on Exercise, Certified Personal Trainer, Fitness Nutrition Specialist, Corrective Exercise Specialist, Functional Training Specialist	Strength building & hypertrophy training, interval training, program design & modifications, safety & risk management
<b>Becky</b>	Metropolitan State University BA, Business/Marketing	American Council on Exercise Certified Personal Trainer Silver Sneakers Instructor	New to exercise programs, posture retraining, fitness maintenance while aging
<b>Brian</b>	University of Minnesota-Duluth BA Communications	American Council on Exercise International Sports Sciences Association National Academy of Sports Medicine	Coaching/counseling background, program design novice to advanced, strength, power, muscle mass powerlifting, bodybuilding, post injury and illness recovery, exercise for longevity
<b>Daniel</b>	University of Minnesota Duluth BA	Certified Personal Trainer International Sports Science Association	Mobility, joint relief, Increasing lean muscle mass, weight loss, overcoming mental barriers
<b>Gabe</b>	Anoka Ramsey Community College Associates of Science, Health Science and Exercise Science, Southwest Minnesota State Working towards BS, Exercise Science	ACSM Certified Personal Trainer CPR/AED	Hypertrophy training, strength training, US Army APFT, sport performance, powerlifting
<b>Gabriel</b>	University of Minnesota BS, Kinesiology	Personal Training & Group Fitness, FITour, USA Boxing Certification Level 1, Black Belt Certification, World Tae Kwon Do Federation, TRX Certification, Lifeguard, Red Cross, CPR/AED and First Aid Professional Rescuer, Red Cross	Senior balance, strength & mobility, body weight, free weight and resistance machines for strength development, self- defense, boxing and martial arts for fitness
<b>Jennifer</b>	Kent State University BS, Fitness Specialist	ACE Personal Training CPR/AED	Functional training and mobility in aging, overall wellness as lifestyle, balance/flexibility/ posture, stress management
<b>Lauren</b>	University of St. Thomas BS	NASM Certified Personal Trainer CPR/AED	Strength training for all ages & levels, weight loss/healthy lifestyle coaching, balance, coordination, strength for older adults, athletic performance
<b>Maria</b>	University of St. Thomas BS, Marketing DePaul University, MBA	American Council on Exercise Group Fitness Instructor NCCPT Personal Trainer BOSU Balance	Balance, running management, functional strength training
<b>Mike</b>	University of Minnesota	American Council on Exercise NASM Certified Personal Trainer Performance Enhancement Specialist, National Education Trainer Association, Studio Cycle, Kettlebells	Sports performance endurance training (marathons, triathlons)
<b>Scott</b>	University of Minnesota BA Degree Communication Studies, United States Marine Corps Institute Physical Fitness & Nutrition Specialist	Physical Mind Pilates Yoga Vida Group & Individual Yoga PADI Master Scuba Instructor Marine Corp Institute Physical Education & Nutrition	Strength training, balance, flexibility, meditation, nutrition coaching
<b>Wendy</b>	St. Olaf College & Bethel University BA, Sports Sciencs, Health & Physical Education Licenses	American Council on Exercise Certified Personal Trainer Certified Group Fitness Instructor USSoccer National D Coaching License US Lacrosse, National Coaching Certification	Pilates, posture re-training, working with athletes, weight lifting technique