



OPTIMAL YOU FITNESS FACILITY

Personal Training/Nutritional Services Registration form

Site Location
MI CA

Personal training sessions can be scheduled by contacting the Fitness Facility staff at 787-7710 or fitness_facility@amway.com.

Sessions can be scheduled in 30 minute or 60 minute time frames to accommodate your busy life. Personal training can be purchased as individual sessions or packages.

PLEASE INDICATE SESSION CHOICE:

60 min. PERSONAL TRAINING		PARTNER (2-3)	TEAM (4-6)	If Partner or Team
ON-SITE VIRTUAL:	ONE ON ONE	(Price Per Person)	Price Per Person	Indicate Names
1 Session Package	\$70.00	\$60.00	\$50.00	1.
8 Session Package	\$520.00	\$440.00	\$360.00	2.
12 Session Package	\$720.00	\$600.00	\$480.00	3.
30 min. PERSONAL TRAINING				
ON-SITE VIRTUAL:	ONE ON ONE			
1 Session Package	\$40.00			4.
8 Session Package	\$280.00			5.
12 Session Package	\$360.00			6.
OFF-SITE TRAINING:	ONE ON ONE			
1 Session Package	\$90.00			
8 Session Package	\$680.00			
12 Session Package	\$960.00			

NUTRITION CONSULTATIONS

ON-SITE / VIRTUAL:

Individual Consult	\$130.00
Initial and two 30-min follow up	\$240.00
Initial and five 30-min follow up	\$405.00

ALL SESSIONS MUST BE USED WITHIN ONE YEAR OF PURCHASE.

NAME			
STREET ADDRESS			
CITY		STATE	ZIP CODE
HOME PHONE NUMBER	MOBILE PHONE NUMBER	WORK PHONE NUMBER	
E-MAIL			
FITNESS SPECIALIST			
DATE (MM/DD/YYYY)			
METHOD OF PAYMENT CASH CHECK (Make checks payable to: Corporate Fitness Systems) VISA® MASTERCARD® AMERICAN EXPRESS®			
CREDIT CARD #			
3-4 DIGIT SECURITY CODE ON BACK OF CARD		EXP. DATE (MM/YYYY)	
SIGNATURE			

Please return the completed form to the Optimal You Fitness Facility, 14-1N or Submit via E-mail to fitness_facility@amway.com.