

Two Day Free Personal Training Pass

Congratulations! You have now taken the first step and set up a Personal Training Session. Our personal training is regarded as the most effective and beneficial solution towards creating a healthy and fit lifestyle. Each session will typically last 50 minutes. Please complete the form and email to [flexlevelfitness@gmail.com](mailto:flexlevelfitness@gmail.com). One of our trainers will be contact with you to set up your two day free personal training sessions.

Please Fill in the information and sign below

Client Name: 

Phone Number: 

Email: 

Address: 

What is the goal that you would like to achieve?



Please select a two day combo that works best for you, and we will coordinate based on availability:











Clients Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: 

Office Use Only

Personal Trainer:

Dates of Sessions: