

Yoli Personal Coach Team

APPLICATION

Denver -Boulder - January 2012 – November 2012

Name _____ Date _____
Address _____
City _____ State _____ Zip _____ Phone _____
Email _____ Age _____ Date of Birth _____

What are your goals? Any specific event you are training for? How can I help you?

What is your Athletic/Exercise experience?

Do you have any physical limitations, Health issues that we should work with?

Where will you be training? Boulder - Denver - Both

Tell me the times and day when you are available to train (Let me know all available times). _____

Tell me what you have been up to. If you have a training pattern, what is it ? Anything else you would like to share.

Commitment

Price \$160 / Month* – 10% discount if paid all at once. Minimum 5 months commitment.

*Once in this program you are able to sign up for additional Personal Training Sessions (one on one) at \$65/session - no restriction on how many or how often (see information under Personal Fitness Consultant)

Price for Out of town athletes \$135/Month-10% discount if paid all at once. Minimum 5 months commitment. Personal Plan and monthly consultations over the phone. If you visit us, you are welcome to the group training workout.

Your Time Commitment from _____ 2012 to _____ 2012 _____

How will you pay? Monthly - all at once - Other (explain) _____

*Monthly Payments (unless all paid in advance) will be paid the beginning of each month.

Paying by Check – Make it to Yoli C

Paying with Credit Card via Pay Pal Or Credit Card Information :

Visa or Master – Credit Card Number _____ Expiration Date _____

Signature and Date

Mail application to : Yoli MultiSport Training - P.O Box 11003, Denver CO. 80211-0003