

New London Parks and Recreation

Personal Training on Land, in the Pool or Both

What is personal training and how can it benefit you?

- **Unlike a group exercise class, personal training helps you to examine your current lifestyle, establish goals, and create a unique plan to help you achieve those goals.**
- **Is more than just “one-on-one” exercise sessions. Goals are constantly evaluated and programs are tweaked to provide an ever-evolving workout that varies, as your body needs change.**
- **Focuses on “you”; optimizing workouts in the amount of time that you have available, and creates a plan that you can stick to.**
- **Can provide encouragement and develop safe strategies to achieve or maintain a healthy weight.**
- **Teaches you proper techniques to exercise safely and effectively.**
- **Empowers you to make your fitness routine a part of your lifestyle.**
- **Is for anyone of any age or fitness level; from the individual who wants to improve flexibility and range-of-motion to the seasoned athlete.**

Profile of Personal Trainers:

Adam Bohm: NETA Certified Personal Trainer, YMCA: Foundations of Group Exercise and Healthy Lifestyle Principles Certifications, American Red Cross Certified Lifeguard/First Aid, CPR/AED.

Adam specializes in Strength and Cardio Training. Whether you are trying to lose weight, build muscle, or get in the best shape of your life, Adam will design a program specifically for you.

Mary Bohm: NETA Certified Personal Trainer, AEA and AAI Certified Aquatic Fitness Professional, Arthritis Foundation Certified Aquatic Program Instructor, Zumba® and Zumba® Gold Instructor Certificates, SilverSneakers MSROM, CardioCircuit and SilverSplash Instructor Certificates, YMCA: Foundations of Group Exercise, Healthy Lifestyle Principles and Cardio and Step Certifications, American Cross Certified Lifeguard/First Aid, CPR/AED

Having a passion for fitness her entire adult life, Mary turned that passion into a career in 2002. She is one of the few trainers in the area who specializes in personal training both on land and in the pool. Depending upon your goals and fitness levels, she can create a program that will motivate you to achieve your fitness goals. Her clients have included individuals training for triathlons, half-marathons, those wanting to lose weight and improve overall fitness, those with joint issues or injuries that prevented them from land training and those wanting to improve strength, flexibility, and range-of-motion.

DATES/TIMES: Sessions will be set up between you and your trainer for whatever day and time works for your busy schedule.

LOCATION: This will be based upon your goals, may include Washington Center Gym, Aquatic and Fitness Center, etc.

Personal Training Application

Name: _____ Date of Birth: _____

Address: _____ Email: _____

Home Phone #: _____ Other Phone #: _____

Emergency Contact Name & Number: _____

Fee:

One-Nine Sessions: Residents \$25.00/Session Non-Residents \$30.00/Session

10 or more Session: Residents \$20.00/Session Non-Residents \$25.00/Session

Preferred Trainer: _____

Please Note: The instructor schedules Personal Training Sessions to the Trainer's availability. However, every effort will be made to schedule new clients in. IF for some reason we cannot schedule you in, you will receive a full refund or will be placed on a waiting list.

Scheduled Training Dates (to be filled out by Trainer)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Trainer Signature: _____

I, the parent or legal guardian of the participant listed below, give permission for myself, son(s) and/or daughter(s) to participate in New London Parks and Recreation activities, I hereby assume full responsibility for all risk of injury which may result from my or my children(s) participation in Personal Training, excluding any injuries that occur as a result of the intentional reckless acts of a Parks and Recreation employee. I also understand and authorize the New London Parks and Recreation Staff to take photographs of me and/or my family during the activity for use in publicity and promotions for the New London Parks and Recreation Department.

I hereby hold harmless the City of New London, its employees and agents, from any and all claims, demands, injuries, damages, actions, or causes of actions, which arise from, regardless of whether such claims are based upon negligence of a Parks and Recreation employee or other grounds.

In the case of an emergency if I or my emergency contacts cannot be reached, I authorize the New London Parks and Recreation Staff to obtain whatever medical treatment they deem necessary for the welfare of myself, or my child/children listed on this waiver. I further understand and agree that I will be financially responsible for all charges and fees.

I have read, understand, and agree to the terms and conditions as written on this application as they relate to me or my son/daughter. I understand that health coverage for my children or myself, is my responsibility.

Signed: _____