



**For Office Use**

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*North Laurel Community Center*  
*Howard County Department of Recreation and Parks*  
**Personal Training Request Form**

Member Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Email Address: \_\_\_\_\_ Pass Number \_\_\_\_\_

**Personal Training Request** *(please check)*

\_\_\_\_ Free Consultation

\_\_\_\_ Cardio Training and Improvement

\_\_\_\_ Fitness Assessment

\_\_\_\_ H.I.I.T. What is it and how do I do it?

\_\_\_\_ Develop Fitness Room 6 wk. Program & Beyond

\_\_\_\_ Circuit Training

\_\_\_\_ Strength Development & Progression

\_\_\_\_ Sport Specific Training

\_\_\_\_ Core Development / Balance Training

\_\_\_\_ Functional Training

**Personal Training Rates**

Each session is 30-minutes unless specified.  
Private training sessions are one participant  
to one trainer. Semi-Private Sessions are up  
to three participants to one trainer.  
Information: Marvin Evans 410 313-0829 or  
Mevans@howardcountymd.gov

1 Session (Private).....\$ 45  
4 Sessions (Private).....\$160  
8 Sessions (Private).....\$299  
4 Sessions (Semi-Private, group of 3)..\$240  
8 Sessions (Semi-Private, group of 3)..\$459

Date(s) Requested: \_\_\_\_\_ Alternate date: \_\_\_\_\_

Time: \_\_\_\_\_

**The North Laurel Fitness Coordinator/Personal Trainer will contact you within 2 business days.**