



## Group Training Enrolment Form

Name: .....

Address: .....

Sex:  Male  Female Age: .....

Phone: (H) ..... (M) .....

Email: .....

Emergency Contact: .....

Preferred date of commencement: ..... / ..... / .....

How did you hear about Fitness 4 All?

Mail  Friend  Yellow Pages  Yellow Pages Online  Other: .....

### Session Preference

#### What are your goals with Fitness 4 All?

- Increase Fitness / Health
- Loss of Weight
- Make New Friends

#### What time of day do you prefer to exercise?

- Morning
- Daytime
- Evening