



# MIND/BODY CLIENT INTEREST FORM



☐ YES, I'm interested in Pilates Training. ☐ YES, I'm interested in Yoga Training. Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Best time to contact me: \_\_\_\_\_

☐ Member ☐ Nonmember / Member #: \_\_\_\_\_ Preferred Sport&Health Location: \_\_\_\_\_

Please let us know your preferences:

## INSTRUCTOR

If you know the name of the instructor with whom you wish to train, please write it here: \_\_\_\_\_

## TRAINING TIMES

• I prefer to train in Private, Semi-Private or Group settings: \_\_\_\_\_

• I prefer to train \_\_\_\_\_ times per week.

• I prefer to train on: *(please check all that apply)*

☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

• I prefer the following timeslots: *(please list several time selections and denote a.m. or p.m.)*

## GOALS/EXPECTATIONS

I would like to accomplish the following in my Mind/Body training sessions: \_\_\_\_\_

*Thank you! Please hand this form to the front desk and a Mind/Body Instructor will contact you to discuss your training preferences.*