

# Department of Campus Recreation: SouthFit Personal Training

## Steps to sign up

Step 1: Choose the personal training package that you would like or ~~2 pages~~ Determine if you need a physician's clearance ~~(page 4)~~. If so, send your physician the Release to Exercise ~~(page 5)~~ and then have him/her return it to you. Attach the release ~~back~~ to your packet. This release should list any exercise restrictions ~~per the~~ will be contacted by a trainer once the paperwork and payment have been received. ~~12~~ business days but may take longer during busier times of the year. ~~Be sure to~~ es you are available for personal training sessions.

ke appointments without payment.

Your sessions will expire. See ~~2 pages~~ expiration lengths. There are no refunds on



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Waiver: To be signed by all participants who are 19 years of age or older. If participant is under 19 years of age, participant's parent or guardian must sign. (b) (5) - (c) (1) - (d) (1) - (e) (1) - (f) (1) - (g) (1) - (h) (1) - (i) (1) - (j) (1) - (k) (1) - (l) (1) - (m) (1) - (n) (1) - (o) (1) - (p) (1) - (q) (1) - (r) (1) - (s) (1) - (t) (1) - (u) (1) - (v) (1) - (w) (1) - (x) (1) - (y) (1) - (z) (1)

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