

## Registration Form

Please complete this form to register for new fitness services or to renew an existing service. Present this form to the Concierge Desk to complete the registration process.

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

Date: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Referred By: \_\_\_\_\_

### **Selections and Preferences:**

Service(s) being purchased: \_\_\_\_\_

\_\_\_\_\_  
New or Renewal?: \_\_\_\_\_

Male or Female Trainer? \_\_\_\_\_

Trainer Request: \_\_\_\_\_

Time of Day to Train: \_\_\_\_\_

Day(s) of the Week to Train: \_\_\_\_\_

### **Please list your primary goals:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

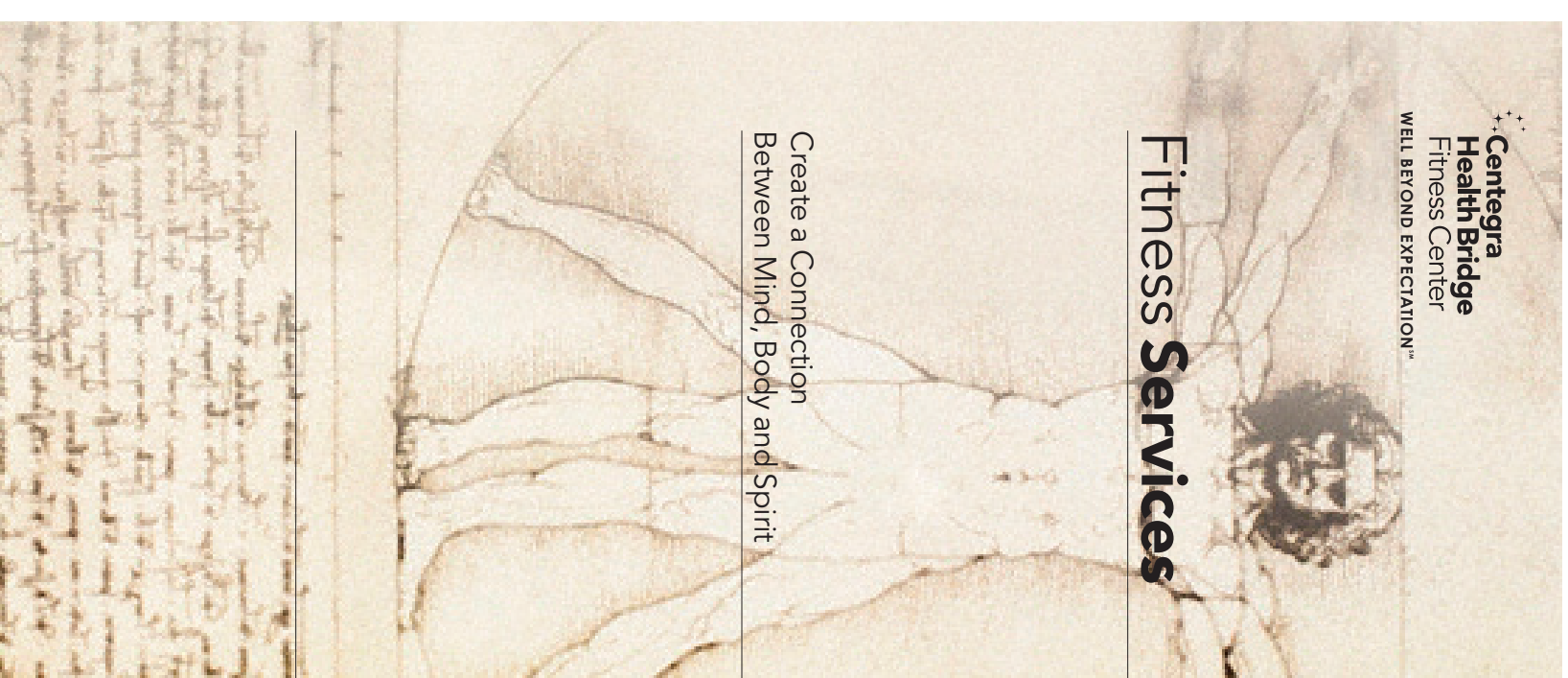
- All personal training packages expire 6 months after purchase date.
- All packages are non-refundable.
- Clients are charged for sessions if cancelled less than 24 hours prior to the appointment time.

For more information, call **815-444-2948 (Crystal Lake)**  
or **847-802-7015 (Huntley)**, or visit us online at  
[healthbridgefitness.com](http://healthbridgefitness.com).



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10450 Algonquin Rd. | Huntley, IL 60142  
(815) 444-2900 | [healthbridgefitness.com](http://healthbridgefitness.com)

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**How Will I Benefit from Fitness Services?**  
 Regardless of your current fitness level or goals, Centegra Health Bridge Fitness Center offers something for everyone! Take a few minutes to read about our professional fitness services and you'll find that we can help you during any stage of your health and wellness journey!

**Fitness Floor Orientation**

The first step in your fitness journey is to complete a fitness floor orientation with one of our qualified fitness staff. The purpose of this complimentary appointment is to provide you with a general knowledge of the fitness resources available to you so you feel confident and comfortable on the fitness floor. The orientation will cover:

- the location of equipment and amenities;
- generalized exercise recommendations;
- useful examples of resistance, cardio and flexibility exercises; and
- valuable fitness concepts that apply to everyone!

**Fitness Profile**

There are two essential requirements for a successful fitness journey: assessment and planning ... which is exactly why we created the fitness profile! During this one-on-one session with a fitness specialist, you'll receive a cutting-edge fitness assessment, easy-to-understand results, and a thorough consultation during which your personal objectives and goals will be identified and discussed. Using this information, the fitness specialist will make professional recommendations and help you identify the most effective steps to take in your personal fitness journey! **Members receive this service free once per year!**

**Fitness Profile PLUS!**

Centegra Health Bridge Fitness Center now offers the most comprehensive, state-of-the-art fitness assessment process anywhere, giving you a complete, accurate picture of your current fitness level. Testing includes a 7-point functional movement screening, metabolic analysis, aerobic capacity test via direct gas-exchange measurement, body-fat/lean mass test, life-style assessment, full reports with explanations and recommendations, and much more!

**Fee:** \$60 Member / \$90 Community



**Personal Training**

There are countless variables that make each of us unique -- age, medical conditions, fitness level, exercise experience, and motivators, just to name a few. As such, it's imperative to have a customized approach to improving one's health and fitness. Our experienced team of fitness professionals hold and maintain only nationally-recognized certifications. Our trainers will fully assess you using the latest techniques, thoroughly examine your goals and needs, construct the safest, most effective scientifically-based plan, and then coach you through the implementation of that plan. Regardless of your unique variables and goals, our fitness team is ready to help you make the most of your fitness journey!

**Personal Training Packages**

**Member Rates:**

1	60-min. session	\$60
5	30-min. sessions	\$150
5	60-min. sessions	\$295
10	30-min. sessions	\$295
10	60-min. sessions	\$580*
20	30-min. sessions	\$580*
20	60-min. sessions	\$1,140*
1	60-min. buddy-training	\$50 (each)
5	60-min. buddy-training	\$238 (each)
10	60-min. buddy-training	\$450* (each)
20	60-min. buddy-training	\$850* (each)

**Community Rates:**

1	60-min. session	\$85
5	60-min. sessions	\$415
10	60-min. sessions	\$810
20	60-min. sessions	\$1,580
1	60-min. buddy-training	\$72.50 (each)
5	60-min. buddy-training	\$345 (each)
10	60-min. buddy-training	\$655 (each)
20	60-min. buddy-training	\$1,245 (each)

\*These packages qualify for Centegra Health Bridge Fitness Center's Personal Training Services Installment Plan.

**Metabolic Testing**

Do you know how many calories your body requires each day for optimal health? Metabolic testing accurately determines your body's specific caloric needs. Whether you're trying to lose excess body fat, gain lean mass, or maintain your current weight, a healthy approach begins with a metabolic test! **Get "checked" today!**

**Fee:** \$30 Member / \$40 Community



**5-Star Fitness Plan**

Centegra Health Bridge Fitness Center has raised the bar in personalized fitness programming! Our **5-Star Fitness Plan** takes a holistic approach to improving your level of health and fitness. All of the crucial elements for a successful journey to your fitness goals are addressed within this program. Here's what your personalized 5-Star Fitness Plan will encompass:

- Goal-focused, one-on-one personal training sessions with a highly qualified fitness professional
- Nutrition consultations and personalized guidance from one of our Registered Dietitians
- Comprehensive, state-of-the-art assessments and goal tracking
- Metabolic analysis for accurate nutrition and fitness planning
- Accountability and journaling using our simple food and fitness journal

**5-Star Fitness Plan Packages**

There are four program levels\* from which to choose:

**Member Rates:**

Bronze:	\$535*	(1-month package)
Silver:	\$1,014*	(2-month package)
Gold:	\$1,468*	(3-month package)
Platinum:	\$1,906*	(4 month package)

**Community Rates:**

Bronze:	\$760	(1-month package)
Silver:	\$1,446	(2-month package)
Gold:	\$2,070	(3-month package)
Platinum:	\$2,730	(4 month package)

\*These packages qualify for Centegra Health Bridge Fitness Center's Personal Training Services Installment Plan.

**The 5-Star Plan ... 5-Star Results!**

