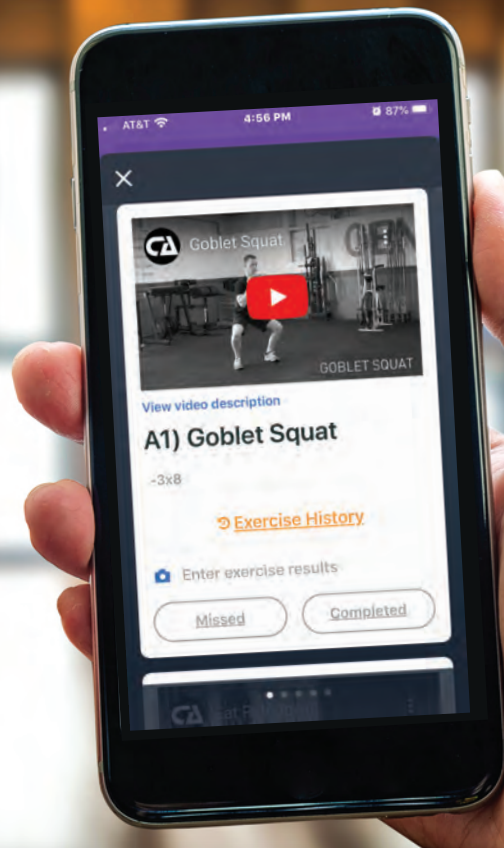


ONLINE PERSONAL TRAINING

Fitness at your Fingertips



Pelican Athletic Club's Online Personal Training APP delivers instant **personalized workouts** with **instructional videos**, **progress tracking**, and **ongoing communication with your Personal Trainer** providing continuous accountability and support.

CONSULTATION

Our online Lead Trainer will contact you to discuss your goals, training history, and past injuries. This will help us find the perfect trainer for you.

INITIAL ASSESSMENT

Your trainer will guide you through a series of assessments to create your very own personalized training program.

PERSONALIZED WORKOUTS

You will receive personalized workouts through the TrueCoach App, which includes demo videos showing you exactly what to do.

ONGOING SUPPORT

Your trainer will monitor your progress, make adjustments to your fitness plan, and motivate you every step of the way.

For More Information Contact Marie@thepac.com or Sign-up in the Pro-Shop.

ONLINE PERSONAL TRAINING

REGISTRATION FORM

Please complete the form below and return to Marie Wiles or the Pro Shop

Participants NAME:

DOB.:

GENDER:

PARENT/ GUARDIAN's NAME (if under 18 years of age) :

ADDRESS:

CITY:

STATE:

ZIP:

PHONE:

HOME:

WORK:

CELL:

EMAIL:

I accept full responsibility for my use of any and all apparatus, appliances, facility privilege or service whatsoever, owned and operated by this club, directors, employees, representatives, and agents harmless for any and all loss, claim, injury, damage or liability sustained or incurred by myself, my family or others under my supervision or control resulting therefrom. In addition, I agree that the above information is accurate and complete. I, also, understand and acknowledge that photos may be taken for publicity/marketing purposes and give my authorization for any and all photos or video footage of myself, or of my minor child, to be used in this fashion.

SIGNATURE:

CHECK A PACKAGE BELOW

BASE PACKAGE

\$99/MONTH

- Weekly Personalized Workouts
- 24/7 Access to Your Trainer
- Video Demonstrations
- Email Notifications
- Progress Tracking
- On-Going Support

All Through the TrueCoach App

PREMIUM PACKAGE

\$175/MONTH

BASE PACKAGE PLUS

2 - One-On-One
60-minute Personal Training
Sessions Per Month

Packages automatically renew. To cancel packages contact Marie@thepac.com.