

# Looking for a **NEW** you?

Design your  
first workout  
with a trainer

Please fill out the information below so that one of our FREE Certified Personal Trainers can be in touch with you. Turn this completed form to any Lackland Fitness Center representative.

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

E-mail: \_\_\_\_\_

Number: \_\_\_\_\_

Best time to reach me:

- Morning (8-11 a.m.)       Afternoon (12-3 p.m.)  
 Evening (4-7 p.m.)

Best day to reach me (no weekend training):

- Monday       Tuesday  
 Wednesday       Thursday  
 Friday

I am most interested in (check one or more):

- Building Muscle       Weight Loss  
 Increasing Runtime       Improving Sit-ups  
 Abdominals       Cardio Conditioning  
 Stress Relief       Nutrition  
 Improving Pushups       Group Exercise Classes  
 Strength Training       New PT Standards

Facility you prefer to workout at:

- Bennett • 977-4848       LTA Medina • 671-4477  
 Gateway • 671-2565       Warhawk • 671-2016/3490  
 Gillum • 977-2353

