

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 ~~page~~ expiration lengths. There are no refunds on

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Physician's Release to Exercise

Client's name: _____ Date: _____

I, _____ (client's name), authorize the release of the below information to the University of North Carolina at Charlotte.
