

2. Personal training is only available to

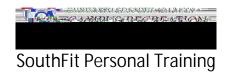
members of the USA Student Recreation Center. All new clients must start with at least four sessions.

Step 2: Fill out all pages of this packet including the waiver and health history. Determine if you need a physician's clearance (page 4). If so, send your physician the Release to Exercise (page 6) and then have him/her return it to you. Attach the release back to your packet. This release should list any exercise restrictions you have due to physical limitations or medication.

Step 3: You may return your packet to the front desk of the USA Student Recreation Center or email it to sarahschrenk@southalabama.edu. **Pay online** per the instructions on page 2. You will be contacted by a trainer once the paperwork and payment have been received. *This process normally takes 1-2 business days but may take longer during busier times of the year.* Be sure to indicate what days and times you are available for personal training sessions.

Step 4: Use your sessions! Your sessions will expire. See page 2 for expiration lengths. There are no refunds on unused services. See the full policies on page 3.

Pages 4 and 5



## Physician's Release to Exercise

Client's name:	Date:	
l,	(client's name), authorize the release of the below information to	the
University of Sou	uth Alabama Department of Campus Recreation and Wellness:	