



### Interest Form

Congratulations! You are taking your first step to improved health and fitness. Please complete the following information and return this form to our reception desk. We will match your goals and interests with one of our certified trainers.

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

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Other Phone: \_\_\_\_\_

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

Best time to reach you: \_\_\_\_\_

Your fitness goals:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

How many sessions per week? \_\_\_\_\_

I prefer my trainer to be:

- male
- female
- either

Other comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

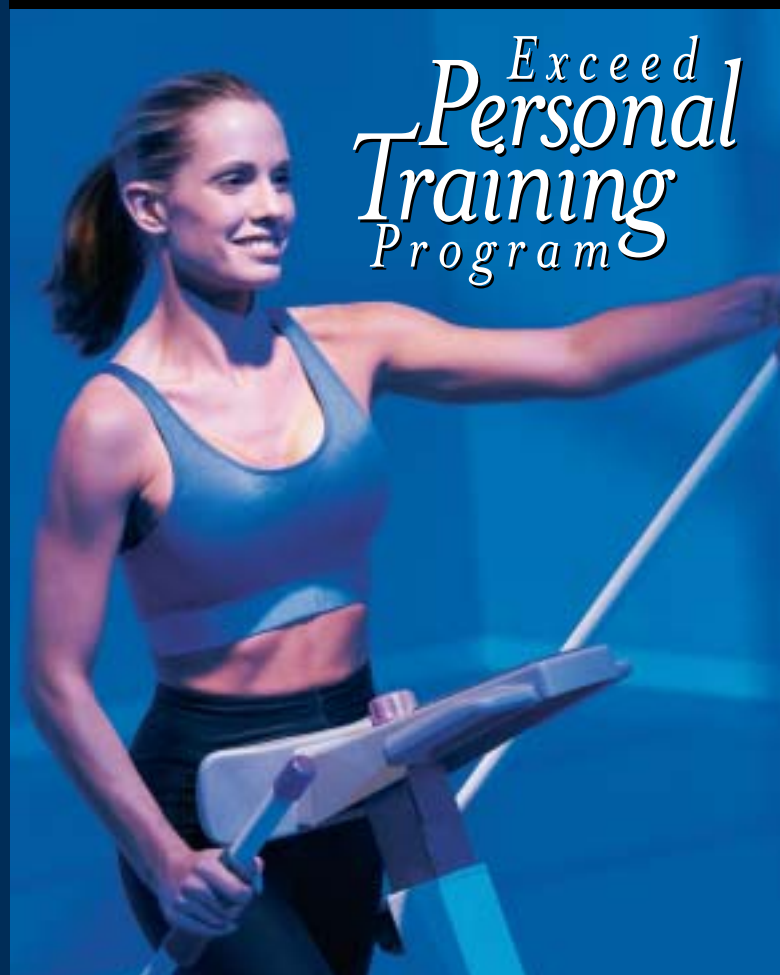
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Thank You!



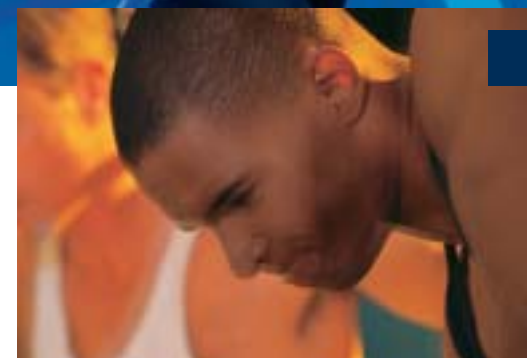
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 Washington, DC 20036  
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 www.capitalcityclubandspa.com

Capital City Club and Spa



# Exceed Personal Training Program

For additional  
 information or to  
 book any classes  
 and activities,  
 please contact the  
 Capital City Club  
 and Spa at  
 202-639-4300.



## The Mission

The mission of the Exceed Personal Training Program is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.

## The Benefits

Personal training provides you with a program designed to meet your individual needs. Our nationally certified and degreed personal training professionals will create a fitness program based on your specific goals. Personal training takes you a step beyond your typical exercise program and helps you to eliminate any guess work.

**Variety**  
**Support**  
**Consistency**  
**Guidance**  
**Education**  
**Motivation**

**To help you exceed your expectations!**

## The Foundation

An introduction to your personal fitness program. The foundation is for new members looking to design the best fitness program to meet their needs.



### **This program provides:**

- Two 1-hour meetings with a trainer (1 hour sessions can include training and/or fitness assessments)
- 10% off purchase of first training package after 'the foundation'



## The Options

Since everyone has unique goals, we offer a variety of training types (Fitness, Pilates, and Yoga) and training programs (Traditional, Express, and Partner) to meet your needs.



## The Types:

### **Fitness**

Your sessions can focus on losing weight, toning and firming muscles, gaining strength, increasing flexibility, prolonging endurance, and/or enhancing cardiovascular health through a combination of weight training, stretching, and heart-pumping exercises.

### **Pilates**

Your sessions focus on building core strength by performing specific movements which target deep abdominal muscles and muscles close to the spine (abdominals, lower-back, hips, and glutes). Pilates movements can improve posture, increase flexibility, stimulate strength gains, and prevent injury.

### **Yoga**

Your sessions, designed in this Hindu philosophy, are created to control and unite the mind and the body. Your series of postures and stretches can range from being intense for increased strength gains to being relaxed for increased flexibility.



## The Programs:

### **Traditional Personal Training (Fitness, Pilates-50 Minutes, Yoga)**

This is the traditional full hour of individualized personal training during each session.

### **Express Personal Training (Fitness, Pilates-25 Minutes, Yoga)**

The perfect fit for anyone with a tight schedule and a desire for a concentrated workout. This type of training is designed for those individuals that are looking for an intense workout of shorter duration.

### **Partner Personal Training (Fitness, Yoga)**

Are you looking for the opportunity to train with a friend? Partner training has been proven to increase commitment to a fitness program.

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