

# Jacobs Fitness Center New Member Orientation Registration Form

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

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

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Someone will contact you within 48 hours to schedule your orientation. You will receive instruction on how to safely operate equipment, as well as your personalized settings where appropriate. If you are interested in a personalized exercise program, please consider signing up for personal training.

1. I currently exercise:  
3 times a week \_\_\_\_ 2 times a week \_\_\_\_ 1 time a week \_\_\_\_  
Sporadically \_\_\_\_ I haven't exercised in over 3 months \_\_\_\_
2. On what day(s) are you available to meet with a Fitness Leader?  
(Check all that apply)  
Sunday \_\_\_\_ Monday \_\_\_\_ Tuesday \_\_\_\_ Wednesday \_\_\_\_  
Thursday \_\_\_\_ Friday \_\_\_\_ Saturday \_\_\_\_
3. What time of day are you available to meet with a Fitness Leader?  
(Check all that apply)  
Early morning (before 9am) \_\_\_\_ Mid-morning (until 12 noon) \_\_\_\_  
Lunch time (noon-2pm) \_\_\_\_ Early afternoon (2pm-4pm) \_\_\_\_  
Early evening (4pm-7pm) \_\_\_\_ Late evening (after 7pm) \_\_\_\_
4. I would like to be oriented to:  
Strength equipment only \_\_\_\_  
Cardiovascular equipment only \_\_\_\_  
Both \_\_\_\_

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If you have any questions or concerns, contact Douglas Ernst at  
douglas.ernst@american.edu or (202) 885- 6282

Fitness Leader: \_\_\_\_\_ Date Completed: \_\_\_\_\_