

Fitness Training Request Form
(General Government Employees Only)

Name: _____

Department: _____

Work Phone: _____

Work E-mail: _____

Which services are of interest?

- Fitness Assessment
- Fitness Training
- Equipment Orientation

Preferred workout day:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

Preferred workout time:

- Morning (7:00 – 11:00 AM)
- Afternoon (12:00 – 2:00 PM)
- Evening (3:00 – 6:00 PM)

What goal(s) would you like to achieve through fitness training? _____

How did you hear about the county's fitness training services?

- Word of mouth
- Co-worker
- Fitness/Wellness Staff Member
- Website
- Other (Please specify _____)

Submit your completed Fitness Training Request Form to the Fitness and Wellness Division.

FAX: 501-7200

E-mail: sto077@co.henrico.va.us

May 21, 2013