



# Fitness Center On-Line Personal Training w/Chevy Stout (Members Only)



Chevy Stout, Assistant Lifting Sports/Strength & Conditioning Coach At Concordia University Nebraska will be the On-Line Personal Training Instructor. Stout graduated with his Masters in Exercise Science while also holding certifications in the United States Weightlifting Association (USAW) and for the National Strength and Conditioning Association (NSCA) as a certified Strength and Conditioning Specialist. He provides a vast knowledge of general physical fitness and athletic performance gained through coaching high-school strength and conditioning, collegiate strength and conditioning and collegiate lifting sports.

Chevy will be offering his expertise in online personal/training coaching to those who are interested. He will offer online programs with video analysis to those who are looking for general fitness, sport performance, or specific self-related goals. Weekly or monthly programs will be provided to the member based on your needs. He will meet in person at the Fitness Center at request in order to go over program details, specifications, and routines. Once you sign up, your information will be given to Chevy and he will contact you to begin your training.

**Members: \$125/month**

### Contact Information

Date: \_\_\_/\_\_\_/\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # \_\_\_\_\_ Cell # \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Birth Date \_\_\_\_\_ Age \_\_\_\_\_  
Email \_\_\_\_\_

AMOUNT PAID: \_\_\_\_\_ Check #: \_\_\_\_\_ Cash: \_\_\_\_\_ Credit Card \_\_\_\_\_

*The Personal Trainer will be in contact with you to set up your Session.*

### **Attention Participants**

I the undersigned as a participant in the Merrick County Health & Fitness Center Program, hereby acknowledge the existence of and assume full responsibility for certain risks associated with this program which may cause damage to property or personal bodily injury or death, and furthermore, herewith agree to indemnify and hold forever harmless the Merrick County Health & Fitness Center. The MCHFC has permission to use any photograph or video of me in its promotional material. I have read the entry information provided and certify my compliance by my signature below. I also understand that the entry fee I pay is non refundable.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_