



**NEW INBODY 270  
BODY COMPOSITION**

**ESTABLISH BASELINE  
FITNESS LEVEL**

**IDENTIFY YOUR  
FITNESS GOALS**

**PERSONALIZED  
QUICK START PLAN**

**PERSONAL TRAINING  
SESSION**

**FREE FOR ALL  
NEW MEMBERS**

## **FREE FITNESS CONSULTATION** **LET'S GET STARTED**

Name: \_\_\_\_\_ Key Tag #: \_\_\_\_\_

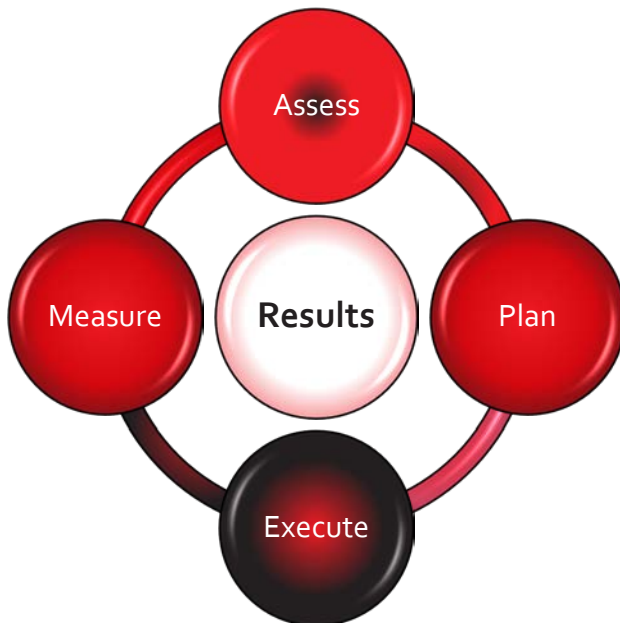
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### Fitness Goal

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Reduce Body Fat   | <input type="checkbox"/> Increase Strength     | <input type="checkbox"/> Get Back in Shape |
| <input type="checkbox"/> Improve Endurance | <input type="checkbox"/> Sports Conditioning   | <input type="checkbox"/> Injury Rehab      |
| <input type="checkbox"/> Event Training    | <input type="checkbox"/> Break Through Plateau | <input type="checkbox"/> Other             |

Session Type       20 Minute Quick Start (Without Personal Training)       60 Minute Full Consult (Inc. 30min Personal Training)

Preferred Day/Time:    1<sup>st</sup> Choice: \_\_\_\_\_      2<sup>nd</sup> Choice: \_\_\_\_\_



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