



## ALTERNATIVE WORKOUT FORM

Member Name: \_\_\_\_\_ Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_.

Address: (street) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) (\_\_\_\_)-\_\_\_\_-\_\_\_\_ (c) (\_\_\_\_)-\_\_\_\_-\_\_\_\_ (w) (\_\_\_\_)-\_\_\_\_-\_\_\_\_ X\_\_\_\_\_

I want to leave RASCALS and I have an... **EXERCISE PLAN: GOOD**

I am working out at home.  I am exercising outside.  I am joining another club.

I will be returning to RASCALS!  (PLEASE remember it may be less expensive to stay than to leave and return!)

I want to leave RASCALS and I have... **NO EXERCISE PLAN: BAD**

I am lazy\*.  Not enough time\*.  (Are you aware it takes as little as 10 min. per day 3 times per week to drastically improve your fitness?)

I am moving.  I have medical restrictions.  (Are you aware that with a doctor's note you can receive reimbursement for your membership while you are injured?)

\* Would you like to receive a **FREE** personal training session (\$55 value) to assist in getting motivated and show you how exercise can work into your schedule? YES\*\*  NO

\*\*If you choose yes to the above **we will continue your membership, and a trainer will call you within 48 hours to set up your free session.** Please remember continuing your membership does NOT renew any form of commitment.

Annual memberships still under contract will need to activate the "buyout" option and pay the \$58 fee BEFORE a cancellation can be processed. Once we receive the \$58 payment your contract will end.

Did you enjoy Rascals? YES  NO

Comments: \_\_\_\_\_

Member Signature: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Staff Name (print): \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_