

## Application Form

Which Fitness Workshop(s) would you like to attend:

- The Core of Functional Training
- Nutrition
- Business & IT for PT
- Principles of Health & Wellbeing
- Delivering Exercise Programmes For PT Sessions
- Planning Exercise Programme Designs For PT Clients
- Knowing How To Support Clients
- Principle of Health & Safety in a Fitness Environment

### PERSONAL DETAILS

Name \_\_\_\_\_ Surname \_\_\_\_\_

Landline \_\_\_\_\_ Mobile \_\_\_\_\_

ID Card No \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_

Country of origin/birth \_\_\_\_\_ Gender \_\_\_\_\_

Email address \_\_\_\_\_ Occupation \_\_\_\_\_

Next of kin name & contact number \_\_\_\_\_

How did you hear about this course? \_\_\_\_\_

### INDIVIDUAL REQUIREMENTS *(This information will be treated confidentially; it will enable us to help you)*

Do you have any of the following conditions:

- A learning difficulty
- Dyslexia
- Hearing impairment
- Other \_\_\_\_\_  
*Please specify*

Is English your second language?  YES  NO

### MEDICAL HISTORY

Do you have any medical history that we should be aware of (e.g. heart condition, chest pain, dizziness, bone or joint problem, blood pressure, taking prescribed drugs, currently pregnant or pregnant in the last six months).

YES

NO

If you answered YES, you MUST provide a written consent/authorisation from your doctor to undertake this course. Kindly attach to this application.

## PAYMENT

Payment in full can be made:

- By direct bank transfer (bank details below)
- By cheque payable to either Celine Fenech Adami or Gillian Grech
- Cash payment

Course payments or deposits are non-refundable.

\_\_\_\_\_  
Applicant signature

\_\_\_\_\_  
Date

**Cheques are to be sent by post to:**

Gillian Grech  
22, Pebbles  
Triq L-Imsaqqfin  
Bahar Ic-Caghaq  
NXR 2040

**Bank details:**

BOV (Bank of Valletta) 40018083147  
Iban: MT75VALL22013000000040018083147  
Beneficiary: Gillian Grech & Marcellina Fenech Adami  
  
22, Pebbles  
Triq L-Imsaqqfin  
Bahar Ic-Caghaq  
NXR 2040