



THE ALASKA CLUB

(Please print)

Date: _____ Time: _____

Name of visitor(s): _____

Address: _____ Zip: _____

Home phone #: _____ Best time to contact: _____

Work phone #: _____ E-mail: _____

Place of employment: _____ Position: _____

Number in family: _____ Ages of children: _____

Have you been a member of a health club before? ☐ Yes ☐ No Where? _____

Do you have a regular workout partner? ☐ Yes ☐ No

What type of programs/activities have you participated in?

- | | | | |
|---|--|---|---------------------------------------|
| ☐ Aerobics/Group Fitness | ☐ Personal Training | ☐ Treadmill | ☐ Other: _____ |
| ☐ Water Aerobics | ☐ Sauna/Steam Room | ☐ Whirlpool | _____ |
| ☐ Free weights | ☐ Stairmaster/Lifecycle | ☐ Yoga | |
| ☐ Nautilus equipment | ☐ Track (running/walking) | ☐ Youth programs | |

Do you participate in any sports or recreational activities? ☐ Yes ☐ No If yes, indicate:

- | | | | | |
|-------------------------------------|--------------------------------------|-----------------------------------|-------------------------------------|---------------------------------------|
| ☐ Basketball | ☐ Handball | ☐ Squash | ☐ Tennis | ☐ Other: _____ |
| ☐ Golf | ☐ Racquetball | ☐ Swimming | ☐ Volleyball | _____ |

How often do you participate in these or other activities?

- | | | |
|---|---|---|
| ☐ 1 - 2 times per week | ☐ 3 - 4 times per week | ☐ 5 - 7 times per week |
|---|---|---|

Please check (✓) services you might be interested in:

- | | | | |
|--|---|---|--|
| ☐ Birthday Party Rental | ☐ Conference Room Rental | ☐ Massage | ☐ Nutritional Information |
| ☐ Body Fat Testing | ☐ Facility Rentals | ☐ Nautilus Expressway Training | ☐ Personal Trainer |
| ☐ Child Care Services | ☐ Indoor Tanning | | |

How did you hear about The Alaska Club?

- | | | | |
|--|--|---|---------------------------------------|
| ☐ Affiliated Club | ☐ Newspaper | ☐ Sign/Drive By | ☐ Other: _____ |
| ☐ Direct Mail | ☐ Nonmember Referral | ☐ Sponsored Activity | _____ |
| ☐ Employee Referral | ☐ Place of Employment | ☐ Television | _____ |
| ☐ Member Referral | ☐ Radio | ☐ Website | |