

Medical Release Form

Plainfield Fitness Center

Phone Number (815)-439-3254 Answering machine

FAX Number (815)-439-2882

The Manual explains the program available at the Plainfield Fitness Center and shows the equipment we have available.

To the Client's Doctor, please list specifically any limitations or modifications you would like the Personal Trainer to be aware of and specific instructions or limitations you prescribe. We have Polar Heart Rate monitors available for clients.

Any additional comments:

Doctor _____

Phone Number(_____)_____-_____

Address _____

City and State _____/_____