



Corporate Service Questionnaire

Tiger Coaching & Personal Training

1. Would you be interested in a Lunch & Learn Presentation?

Ideas could include, How to develop a fitness program? Nutrition Basics, Strength Training, Marathon, triathlon, walking, or running class.

2. If yes, what topic(s) would you like covered? _____

3. Do you have individuals interested in Group Fitness Classes?

4. Would you be interested in having any fitness class given at your Location? _____

If Yes, what kind and when? _____

5. We also can assist you or develop a corporate wellness program for you which has proven to lower corporate insurance rates and lower employee absenteeism? Are you interested? What kind of assistance?

6. Are you interested in on-site Fitness Evaluations, or one-on-one Personal Training?

7. Are you interested in setting up a free consultation to discuss your corporate Wellness/Fitness needs? _____

8. Other Needs or Comments: _____

Please call 402-488-8280, or 402-560-8280 with any questions

Tiger Coaching & Personal Training

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