

Name: _____

Arrival Date and Time: _____ Departure Date and Time: _____

Cabin Request: Single Double Triple Quad

Roommate (s): _____

Birth Date: _____ Occupation: _____

Phone Number: _____ Best Time to Call: _____

Emergency Contact: _____ Relationship: _____

Business Phone: _____ Home Phone: _____

My goal for my stay is _____

Based on your goal, please number the following fitness options in order of priority (1=high, 6=low)

<input type="checkbox"/>	Rest and Renewal	<input type="checkbox"/>	Mind/Body	<input type="checkbox"/>	Weight Loss & Behavioral
<input type="checkbox"/>	Cardiovascular	<input type="checkbox"/>	Strength	<input type="checkbox"/>	Flexibility

Nutrition

Do you have any medically related dietary concerns that may need attention during your stay? Yes No

If yes, please explain (include any food restrictions or allergies): _____

Fitness

My lifestyle is: _____ Sedentary _____ Moderately Active _____ Very Active. I travel _____ times per year.

Current Stress Level: 1 2 3 4 5 6 7 8 9 10
Low High

Current Fitness Level: 1 2 3 4 5 6 7 8 9 10
Poor Fair Excellent

Number of active hours per week:

<input type="checkbox"/>	Walking	<input type="checkbox"/>	Tai Chi	<input type="checkbox"/>	Aerobics	<input type="checkbox"/>	Personal Trainer
<input type="checkbox"/>	Running	<input type="checkbox"/>	Meditation	<input type="checkbox"/>	Weight Training	<input type="checkbox"/>	Yoga
<input type="checkbox"/>	Swimming	<input type="checkbox"/>	Relaxation	<input type="checkbox"/>	Tennis	<input type="checkbox"/>	Other: _____

Package Options:

Three-day Fitness Retreat*.....\$400 + hotel & sales tax
 Three-day Fitness Retreat with Spa Package**.....\$550 + hotel & sales tax

*All packages include accommodations, meals, beverages, snacks and classes.

**Spa option adds manicure, pedicure, & 55 minute massage (additional massages available for \$100)

Please Guarantee my Reservation by: Visa Mastercard American Express

CC Number: _____

Exp Date: _____ Security Code: _____

Billing Address: _____

(Street)

(City)

(State)

(Zip Code)

Would you be interested in the following activities (included in the packages:)

Water Aerobics Trail Ride on Horseback

Pack only exercise clothing, bathing suit, hiking shoes, robe, t-shirts, shorts, casual evening attire, flip flops, and a bathrobe.

To secure reservation, please fax or e-mail completed form to Jennifer Lewis
 830-693-6478 or jlewis@cbsretreats.com

A Deposit of 50% will be charged upon receipt of this Reservation Form. Thank you!