



1. **Commercial / Residential Wellness & Fitness:** Planning your Commercial / Residential Fitness Center can be an overwhelming task. Tell us your vision and we make your vision come to life. Locate the best equipment, stay IHRSHA Compliant, reduce your risk of liability by ensuring your facility is safe.

**Organization:** \_\_\_\_\_  
**Name:** \_\_\_\_\_  
**Title:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**Email Address:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_

**I'm contacting MCF Fitness Concierge Regarding:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What areas do you want to discuss (check all that apply):**

- 1. Commercial/ Residential: IRSHA Safety
- 2. Commercial/ Residential: Personal Training HR Staffing  
(Commercial & Residential Property Staffing)
- 3. Commercial/ Residential: Gym Facility Design
- 4. Corporate/Commercial Residential: Stretch Breaks
- 5. Corporate/Commercial Residential: Injury Prevention

Please fill out and either fax or email this form to our office and someone will be in contact with you to discuss very soon.

Madison  
Chase