

Trainer Request Form



PHILLY FIRE'S Name: _____
Payroll: _____
Company/Platoon: _____
Contact-Number: _____
Email: _____

Nature of Request: _____

Submit all request to : [pfmfitness@iaff 22.org](mailto:pfmfitness@iaff22.org) or call 215 440 4433

NOTE - Request for Personal Training (one on one), small or large group fitness, nutrition and/or physical education, functional fitness, proper form and technique (injury prevention), firehouse or off-duty training available.