

GENERAL TRAINING POLICIES

1. If the client fails to show up for a scheduled training session (hereinafter referred to as a 'session'), the client will be charged the full session price for the no show. Similarly, if the trainer fails to show for a scheduled session, the client is entitled to one free session.
2. Twenty-four hour notice is required for cancelled or postponed (i.e., later or earlier in the same day) sessions. This applies to both trainer and client. (Both trainer or client are free to suggest better mutually agreeable regularly scheduled session times at any time.)
3. In consideration of other clients, if the client is more than 10 minutes late on a consistent basis (more than three times consecutively), the trainer will end all sessions at the previously agreed upon session ending time. (e.g., the trainer cannot consistently end the session ten minutes late if the client is consistently ten minutes late.)
4. The trainer will be informed of any contraindications stated by the client's physician(s).
5. All gift certificates must be used within three months of purchase. There are no refunds for gift certificates.
6. Payment for sessions will be due at the beginning or end of the session. Cash or checks are acceptable. Receipt is available upon request. (Any bank fees for bad checks will be billed to the client plus a \$5 charge.)
7. In the event of injury or aggravation of a known medical condition or injury during a session, the session will be terminated at the trainer's discretion. A medical clearance will then be required before sessions resume.
8. The trainer will do his best to be sensitive to special circumstances surrounding the above-mentioned items on a case-by-case basis. It is the client's responsibility to keep the trainer informed of any circumstances affecting the client's training sessions (i.e., a new injury related or not related to the sessions, extreme muscle or joint soreness, pregnancy where the client was not pregnant to the best of her knowledge prior to the start of sessions, etc.)

Client Name _____

Date: __/__/__

Client Signature _____