

FIT 100 Personal Training (PT)

Policies & Procedures

PAR-Q & Medical Clearance:

A medical clearance form is required of all participants who answer "yes" to any of the seven PAR-Q questions. Note: Personal training staff reserve the right to require medical clearance from any client they feel may be at risk.

Session Duration:

All personal training sessions are 50 minutes.

Attire:

Come prepared to each training session in proper workout attire and footwear (shorts, gym pants, T-shirt, sweatshirt, supportive sneakers). Participants arriving unprepared for their training session will lose the session.

Late Policy:

Clients are responsible for arriving on time for their training sessions. Trainers are obligated to wait only 15 minutes (10 minutes for 30-minute sessions). After 15 minutes (10 minutes for 30-minute sessions), the trainer is not required to lead the remaining time of the session and the session may be lost.

Finishing Policy

All personal training sessions finish no later than 60 minutes after scheduled start times.

Cancellation Policy:

Clients are asked to call 24 hours in advance of the scheduled training session. You will be charged for appointments cancelled with fewer than 12 hours notice. You may reclaim any missed training sessions at the end of your package at a price of €10 per session.

Package Expiration/Refund Policy:

Individuals registering for personal training must complete all personal training sessions by the end of the client's eligibility to participate in the program or by the expiration date of the training package, whichever comes first. All personal training packages expire six (6) months from the date of purchase. All packages are non-refundable/non-transferable.

Trainer Signature _____

Client Signature _____

Date: _____