

Personal Training Terms and Conditions

1. We understand that schedules can change. If you need to cancel or reschedule an appointment, **please contact your trainer directly.** When a session is scheduled, that time is reserved specifically for you. Because your trainer's time and your training time are both valuable, we ask for at least 24 hours' notice for any cancellation or rescheduling. If less than 24 hours' notice is given, the session will be deducted from your package of purchased sessions.

We also understand that emergencies happen. As a courtesy, clients may cancel or reschedule one (1) session per package outside of the 24-hour policy by giving a minimum of 3 hours' notice. With at least 3 hours' notice, that session will not be deducted from the package. Cancellations or rescheduling with less than 3 hours' notice will still be deducted from the package.

2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
3. No personal training refunds or transfers will be issued for any reason, including but not limited to relocation, illness, and unused sessions.
4. Sessions must be completed within a 6-month period or risk expiration.

Print Name _____ Signature _____

Date _____