



## PROGRAM AND PAYMENT POLICY

Following the fitness appraisal, each training session will be based on a 60 minute workout. To maximize your efforts, please be ready to exercise at the appointed time.

If you are more than 15 minutes late for a scheduled session, it will be considered a “no-show” and you will be charged for that session.

As a professional courtesy, there will be no charge on sessions that are cancelled with a 24 hour notice.

Always pay for your session(s) in advance. This will reserve a scheduled time and help you commit to your goals. (prepayment schedules can be arranged.)

Cash payments are preferred, but personal cheques are accepted. If a cheque does not clear, cash will be required for all future payments. Any NSF (non-sufficient funds) fees incurred will be covered by the client.

Session payments are non-refundable, but they may be transferred. Unused sessions must be used within 30 days of the last completed session.

As a courtesy, please give a 14-day notice prior to terminating services.

Please wear loose, comfortable clothing to facilitate ease of movement, along with appropriate athletic footwear. Always bring a towel and water bottle to sessions.

Personal appointments can be booked between the hours of 8:00 am - 7:00 pm Monday to Friday.

Thank You.

By signing here, I agree to the program and payment policy stated above.

Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_