



## **POLICIES AND RULES**

### **CANCELLATION/RESCHEDULING POLICY:**

If you need to cancel or reschedule a session, please call or text Laurie Stilwell at (602) 435-0195. If she is not in, be sure to leave her a message. She will check the availability of your trainer and get back to you with confirmation of the rescheduled date and time.

24 hours notice is required for a cancellation or rescheduling in order to receive credit for the session. Failure to cancel within this time frame or failure to show up for a session will result in the client being charged for the session. Exceptions will only be made in the case of a medical emergency accompanied by a doctor's note.

### **TARDINESS POLICY:**

Clients are expected to begin working out at the start time of the scheduled appointment. A late start time does not entitle a client to a session longer than the scheduled appointment.

### **EXPIRATION POLICY:**

All personal training sessions and group classes have expiration dates. You will lose your training sessions and/or group classes if not used by the expiration date. There are NO exceptions to this policy.

### **TRANSFER POLICY:**

Personal Training sessions and/or Group Classes cannot be transferred to someone else.

### **SIGN IN POLICY:**

You must sign in for EVERY class you take BEFORE it starts. You must sign for each personal training session at the time of consultation, including sessions canceled without 24 hour notice.

### **PAYMENT POLICY:**

All personal training and/or group class packages must be paid in full PRIOR to your first appointment/class.

### **PHYSICIANS RELEASE POLICY:**

Client must obtain a physicians release for a clearance to train or take classes if Bringing You Fitness deems it necessary.

**By signing below you understand and agree to all the policies, rules, and terms on this page**

X \_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date