

TERMS AND POLICIES

- **General**
Hours of operation are by appointment from 7am to 12 noon and we re-open at 4pm to 8pm Mon. thru Fri. Sat. by appointment only. We offer 1 hour and ½ hour sessions. You will be required to complete a Medical History and Client Analysis Form.
- **Payment**
Payment for sessions must be made in advance before your first training session. We ask for a minimum of 8 sessions. Payment can be made in person or online through FFLPT website using various credit cards through PayPal.
- **Cancellations**
In order to cancel or reschedule an appointment, you must contact FFLPT at least 24 hours in advance of the scheduled appointment or you will be charged for that session (except in the case of illness).
- **Tardiness**
All clients are encouraged to be prompt. If a client arrives late, the time will be deducted from that session. Unless we receive a call notice from you.
- **Refunds, Credits, and Transfers**
FFLPT does not offer refunds, or credits, so please be sure that our services will match your needs before committing through payment. Also, note that training sessions are non-transferable.
- **Dishonored Checks, Credit Card Declines**
There will be a fee of \$35 for dishonored checks and insufficient funds. Credit card declines must be approved in advance of our first training session.
- **Compliance with Rules and Conduct of Personal Training Clients**
Personal Training Clients agrees to be subject to the control and guidance of FFLPT while on the premises. The client agrees to conduct himself/herself in a well mannered fashion and obey all rules and conditions while training on the premises.

- **Release of Liability Assumption of Risk**
The participation in Resistance/Strength Training naturally involves the risk of injury whether caused by you or someone else. In consideration of your participation in an exercise program with Fit For Life Personal Training, you understand and voluntarily accept this risk and agrees that FFLPT will not be liable for any injury, including without limitation, personal, bodily or mental injury, economic loss or any damage to you, your spouse, guests, unborn child, or relatives resulting from the negligence or other acts of FFLPT, or anyone else whether In Home or at the Personal Training facility. Further, you understand and acknowledge that FFLPT is not liable for any injury resulting from the use of any equipment.

By signing this agreement (Agreement & Release of Liability) you agree to all the terms and acknowledge that you have received a copy of this agreement.

- **Buyers Right to Cancel**
Notice to Customers: You are entitled to a copy of your Personal Training Agreement at the time you sign up. You may cancel this agreement at any time before midnight of the second operating day after payment has been made in person or online. If you choose to cancel your agreement you must personally deliver a signed and dated written notice of cancellation to FFLPT.

If you cancel the agreement within the 2 day period, you are entitled to a full refund. If the second operating day is on a Saturday, Sunday or holiday notice must be given on the next operating day as specified in this notice. Refunds must be made within 30 operating days after receipt of the cancellation notice to FFLPT. "Operating Day" means any day on which patrons may use the services of FFLPT.

*This agreement applies to ALL (group training and special fitness classes as well.)

I _____ agree to the terms of this policy.

Signature

Date Signed