

GUIDELINES AND CONDITIONS

Personal training schedule will be sent through email approximately 5 days before your session date and time. You are required to review and confirm session times. After email or mobile text approval of each date and session time, you and your personal trainer will be governed by all listed guidelines.

- Number of sessions purchased per week must be fulfilled in week assigned. In case of emergency or illness, arrangements will be made to re-schedule sessions.
- Numbers of sessions purchased for the month must be completed in a 4 week period. All unused sessions purchased for the month are forfeit, unless prior agreed upon arrangements have been made.
- There will be a 12-hour cancellation policy. Cancellation must take place by phone call or text message. In order to not be charged for session, an email will not qualify as an acceptable source of communication. If text message or phone call is sent 11 hours and 59 minutes or less before personal training session start time, discretion will be used in charging session.
- All no-calls/no-shows will be charged for scheduled session.
- Unless arrangements have been made, all monies are required before start of monthly training sessions.
- Personal training sessions are non-transferrable to any other party.

Signing below reflects that you understand the aforementioned policy and guidelines listed.

Signature _____ Date _____

HARRIS

PHYSICAL FITNESS