



Note:

24 Hour Cancellation Policy!

All gym sessions cancelled without 24 hours notice will be charged full price.

48 Hour Cancellation Policy!

All home sessions cancelled without 48 hours notice will be charged full price.

Locked-in appointment times will be available only for clients purchasing packages. We will do our best to accommodate single-session clients, but the time slots cannot be guaranteed. A 10-session series must be paid for prior to the first training session; otherwise, the single-session rate will be charged and must be paid for at the time of service.

If you are planning to be away and will not be keeping your appointment, please call your trainer with any schedule changes as soon as possible. Clients who miss appointments with regularity will be asked to submit a retainer fee to keep scheduled time slots available. We thank you for respecting our terms.

Sign: _____ Date: _____