

PERSONAL TRAINING POLICIES

1. Please be ready to begin each training session at your scheduled appointment time. This may mean arriving early to warm up properly prior to the training session (5 to 10 minutes). If you do arrive late, the training session will not be extended as a courtesy to other clients.
2. Should you, the client, wish to reschedule an appointment, we will do our best to accommodate your request. Should the trainer be unable to find an alternative time slot, and the request is placed less than 24 hours prior to the appointment, you, the client, will be charged for the appointment.
3. A 24-hour notice is requested should you, the client, wish to cancel a training appointment.
4. Payment is expected in full prior to beginning training sessions. A renewal notice will be given on the tenth (10) session.
5. A \$25.00 service fee will be imposed for any returned checks.
6. The client agrees to perform the exercise program as prescribed by Premier Personal Training LLC, and the client will perform exercises and take advice of staff at his or her own risk. Premier Personal Training will not be liable for any injury as a result of the exercise program.

Client _____

Trainer _____

Date _____