



Notice of Understanding and Consent

- 1. Payments** - Packages must be paid in full prior to scheduling of sessions.
- 2. Cancellation or Rescheduling** - To cancel or reschedule an appointment, please call 832-785-9823. When a client schedules a session with us, a block of time is reserved specially for that client. Time is valuable for both of us and our clients. Therefore, 24 hour notice is required to cancel or reschedule a session. Should a 24-hour cancellation or rescheduling notice not be given, that session will be deducted from the client's package of purchased sessions. As a courtesy to our clients and because we realize emergencies do occur, clients may cancel or reschedule a session by given us a 4 hour notice 4 times per year. Should a situation arise when we have to cancel or reschedule a session with a client, we will do our best to provide the client with a 24-hour notice.
- 3. No show policy** - Should a client fail to show up for a schedules session or is not at their home, that session will be deducted from the clients's package of purchase sessions.
- 4. Refunds** - Sorry, there are no refunds for Fitness Lifestyle purchases.

I _____ understand and agree to the terms of this understanding and consent. I will abide by such terms in order to begin and successfully continue my personal training program after it is initiated. I understand that I may discontinue training at any time without a refund of prepaid sessions.

Participant Signature _____

Please Print Name _____

Date _____