



Rules and Regulations

Initial
Lines below

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- 1) You must arrive 5 minutes before your appointment and sign in before entering the training room. Arriving more than 15 minutes late results in a loss of a training session or the athlete may participate in the session.
 - _____ 2) If you are going to miss your scheduled appointment, you must call to notify the trainers at least two hours in advance (lack of notification will result in a loss of that training session). A class minimum could be set if consistently low attendance is noted for that scheduled hour session.
 - 3) It is suggested to eat a small portioned healthy meal at least 1-2 hours before training session.
 - 4) Bring your own sweat towel to training session.
 - 5) Notify your trainer at the beginning of your session if you have any present ailments. Example: Asthma, Headache, Flu, Sprains, Strains, Etc...
 - _____ 6) Training sessions expire after 1 year and may only be traded to persons that are immediate family (i.e. mother, father, sister, and brother)
 - 7) If you have financed your program, payments must be made according to payment schedule or else your program will be terminated immediately.
 - 8) No guests are allowed to train with you unless they are approved, scheduled and a disclaimer is signed with a trainer prior to your session.
 - _____ 9) No refunds will be made, with the exceptions of moving out of a reasonable area or permanent disability/injury.

I, the undersigned, understand what I have read and agree to comply with the above stated rules and regulations.

Athlete's Signature _____ Date _____

Signature of Legal Guardian _____ Date _____