

## **Positively Fit Lake Highlands, LLC: Informed Consent**

Please fill out, sign, and return to Positively Fit Lake Highlands, LLC prior to your first class or session.

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

"I, (print name) \_\_\_\_\_, have enrolled in a program of strenuous physical activity including, but not limited to, a variety of group exercise classes, weight training, running, bicycling and various aerobic conditioning machinery and activity offered by Positively Fit Lake Highlands, LLC. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program. In consideration of my participation in Positively Fit Lake Highlands' exercise program, I (please initial) \_\_\_\_\_, for myself, my heirs and assigns, hereby release "Positively Fit Lake Highlands, LLC its employees and owners, from any claims, demands, and causes of action, now and in the future, arising from my participation in the exercise program. I fully understand that I may injure myself as a result of my participation in Positively Fit Lake Highlands' exercise programs including, but not limited to miscarriage, heart attack, muscle strains, pulls, or tears, broken bones, shin splints, heat prostration, knee-lower back/foot injuries and any other illness, soreness, or injury however caused occurring during or after my participation in the exercise program. I also give Positively Fit Lake Highlands, LLC permission to use photographs or videos of me or testimony from me in advertising, online, and other promotional material."

I hereby affirm that I am exercising with my physician's approval regarding this program and have read and fully understand the above agreement. (please initial) \_\_\_\_\_.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Notary Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Or

Witness

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **In Case of Emergency, Contact:**

Emergency Contact Person/Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

## **Positively Fit Lake Highlands, LLC: Policies and Procedures**

### **Payment**

Payment for face-to-face personal training or small group training may be made in the form of cash, check, or Venmo, and is due one week in advance of the next scheduled training sessions. Please make checks out to Positively Fit Lake Highlands.

Payment for online training apps may be made with a credit card online via the Trainerize app. The credit card on file will then be charged monthly. Two weeks' notice is required to cancel the app service.

Payment for classes is due no later than the 5<sup>th</sup> of every month, and may be paid with cash, check, or Venmo.

### **Personal/Small Group Training Cancellation Policy**

I keep a tight schedule and depend on our regular training as my monthly income. Therefore, the following cancellation policy applies to all personal and small group training:

If I need to cancel a session, I will make every effort to give you 12 hours' notice via phone call, text, or email using the contact information you have provided, and to promptly reschedule at a mutually convenient time. If we cannot reschedule, you will receive your workout via the Trainerize app to perform at home, and you will receive a credit for the missed session.

If you need to cancel a session, please call or text 214-450-3663. We will not reschedule, and no credit will be given, but I will upload the workout to the Trainerize app for you to perform at home.

With advanced notice of scheduled vacation for either of us, we can pause the in-person training. Online support will still be available at a rate of half the cost of the usually weekly training fee.

### **Late Policy**

Personal Training sessions last 30 or 50-55 minutes and are sometimes scheduled back to back with other clients. Therefore, if you are late for your session, I will only be able to train you for the remaining time-period, and no refund will be given. If I do not hear from you within 15 minutes after your scheduled appointment time, your appointment may be cancelled.

### **Refund Policy**

Positively Fit Lake Highlands strives to provide the best possible service to our clients. If for any reason you are not satisfied with my personal or small group services, I will be happy to issue you a refund for **face-to-face services *not performed***. If you have paid for multiple personal training sessions in advance and want to cease your training, you will be refunded for unused sessions. However, the Trainerize app fee cannot be refunded.

This policy applies to personal training only. **Class packages** are sold in 4-week increments and are non-transferable and non-refundable.

**Training Packages/Gift Certificates:**

If you are interested in purchasing 12 or more personal training sessions in advance, I may be able to offer discount packages on some of my services. Training packages, class packages, and gift certificates will expire one year from purchase date. Gift certificates are transferable, but training and class packages are not.

I have read the above policies and agree to its terms as it applies to my personal training.

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_