

## Private Training Policy

Thank you for choosing to invest in your health and fitness journey. To ensure we make the most of our time together and maintain a smooth, respectful scheduling process, please take a moment to review the following policies:

### 1. Cancellation Policy

We understand that life happens! However, please note that **any cancellations made within 24 hours of your scheduled session will be counted as a full session**. This helps us respect everyone's time and keep things running smoothly.

To avoid being charged, we kindly ask that you cancel or reschedule **at least 24 hours in advance**.

### 2. Scheduling

All sessions will be coordinated **directly with your trainer**, allowing us to find times that best suit your schedule and training goals.

Open communication and flexibility on both ends help ensure a great experience.

### 3. Session Timing

Each training session lasts **60 minutes**, starting at your scheduled time.

If you arrive late, your session will still end at the originally agreed-upon time. Please do your best to arrive on time so you can get the full benefit of your session.

### 4. Package Use and Roll-Over

- Training packages are intended to be **used within the month of purchase**.
- To offer a little flexibility, **up to 2 unused sessions** may be **carried over into the following month**.
- Any additional unused sessions beyond those two will expire and cannot be refunded or credited.
- Rolled-over sessions must be used **within the next month**, or they will also expire.

### 5. Refund Policy

All packages are **non-refundable and non-transferable**. We appreciate your understanding and commitment.