

Attendance & Communication

Consistency is the key to results. If you miss scheduled sessions or fall out of communication, **your reserved time** will still be charged as scheduled unless proper notice is provided. We will set a reserved time at your first session. This pertains to all fitness appointments with the exception of Wellness.

If something unexpected comes up, please reach out as soon as possible — I understand that life happens! **With at least 24 hours' notice, we can usually adjust or arrange a make-up session, depending on availability.**

Cancellations & Make-Ups (Group, Personal PT, and Foundations)

- All cancellations require a minimum **of 24 hours** notice to avoid being charged for the session.
- Extreme qualifying emergencies (hospitalization, family crisis, etc.) may be considered for a make-up session, which can be completed in person or virtually, at my discretion.
- No-shows or same-day cancellations will be charged in full.
- Club Fitness allows membership freezes for up to two months; if your account is frozen, training sessions will also pause during that same period.

30-Day Termination Notice - If you wish to discontinue training, please provide a 30-day notice in writing—by email, text message, or by speaking directly with Club Fitness management. This allows time to finalize sessions, adjust schedules, and ensure a smooth wrap-up of your training program.

Wellness & Foundations Session - The Wellness and Foundations Session is a Club Fitness introductory service that members pay for as part of their membership benefits.

As your trainer, I provide this session at a minimal rate—often as a professional courtesy to help new and existing members build a strong foundation for success and to introduce you to my personal training style. Additionally, it's my way of supporting your health and fitness goals and ensuring you start off with guidance and direction.

PS-There is so much information to cover in such a short period of time. We cover physical assessment, and learning the basics of functionality & form.

Final Note - Club Fitness always ensures their fees are collected—this policy simply ensures that trainers, who dedicate their time, expertise, and care to your success, are respected and compensated fairly.

