BUILT TO LAST(TM) POLICIES

Commitment creates consistency. Consistency creates results.

SCHEDULING & COMMUNICATION

ALL SCHEDULING IS DIRECTLY THROUGH JANICE
Schedule, reschedule or discuss appointments directly with Janice at **314-779-6321**. Once scheduled, appointments will be confirmed through the Club Elite computer system.

YOUR SCHEDULE IS YOUR RESPONSIBILITY
Consistency matters. Please stay in communication and keep your sessions scheduled. If you stop attending or communicating, Janice will not continually contact you to reschedule missed or unused sessions.

CHANGES & CANCELLATIONS
Things happen. Please give as much notice as possible when something unavoidable comes up. You are charged only for sessions used or when required cancellation notice is not provided.

OCCASIONAL TRAINER RESCHEDULING
Janice also operates a real estate business. In rare circumstances, an appointment may need to be rescheduled. You will be given as much advance notice as possible and offered another available time.

CLUB ELITE ACCOUNT POLICIES

FREEZING YOUR ACCOUNT
Club Elite requires **10 days' advance notice** to freeze an account. Some conditions may apply.

AUTO-RENEWAL / DISCONTINUING TRAINING
Most training agreements automatically renew. If you choose not to continue, **30 days' notice is required**.

UNUSED SESSIONS
Unused sessions are held by Club Elite and may be available for use at a later date. Some conditions may apply.

Account billing, freezes, renewals and unused-session policies are administered by Club Elite and are subject to your Club Elite agreement.

FUEL YOUR WORKOUT

BEFORE TRAINING
Arrive hydrated and give your body something to work with. About 1-2 hours beforehand, consider a light meal or snack with carbohydrates plus a little protein:

- Oatmeal with banana and peanut butter
- Whole-grain toast with peanut butter and a little honey
- Greek yogurt with fruit
- Banana with peanut butter
- A small smoothie
- When appropriate, a carbohydrate/electrolyte sports drink

AFTER TRAINING
Hydrate and include **protein plus carbohydrates** in your next meal or snack to support recovery.

COME READY TO WORK
Fueling, hydration, sleep and the work you do between appointments all contribute to your results.

MY COMMITMENT

I am committed to honoring my time, your time and our plan.
I understand and agree to the policies above.

SIGNATURE: _____ DATE: ____ / ____ / _____

IMPORTANT REMINDERS
Arrive on time. Being early allows us to start strong.
Let Janice know as soon as possible if something comes up.
Stay consistent, communicate openly and do the work between sessions.

THE 167 HOURS
The workout is the appointment.
The transformation happens between appointments.

Your results are earned in the gym and in the 167 hours between sessions.