

IRON MAGNOLIA FITNESS

FORM 3 — PERSONAL TRAINING AGREEMENT & POLICIES

Training Selection

☐ 1:1 Personal Training

☐ Buddy / Semi-Private Training

☐ Small Group Training

☐ Other: _____

Package / Membership _____

Preferred Day/Time/Class _____

Price _____

Start Date _____

Session Length _____

Package Expiration _____

Rate Lock Provision: New clients enrolled by August 31, 2026 will enjoy a rate lock in effect as long as the membership remains continuously active. If the membership is canceled or payment lapses, re-enrollment will be at the then-current rate.

Renewal Terms: Clients can renew by purchasing another package before or after their current package ends. Renewal rates are based on current pricing at the time of renewal. Lastly, renewal does not guarantee the exact same time slot.

Scheduling & Cancellation

Sessions and classes are scheduled by mutual agreement and are subject to trainer availability and approval. Approval via email or text is required to attend a class or session. Clients should arrive on time and ready to train. Late arrivals will shorten the session so the following appointment can begin on time.

Small Group Class Cancellation Policy: Sessions cancelled with less than 24 hours' notice will be forfeited. No-shows will be charged as a completed session. Exceptions, if any, are at Iron Magnolia Fitness's discretion. Monthly small group class packages may be cancelled at any time, and a pro-rated refund using current rates will be issued within 7 business days.

Personal Training Cancellation Policy: Sessions cancelled with less than 24 hours' notice and no-shows will be charged as a completed session. Exceptions, if any, are at Iron Magnolia Fitness's discretion. All personal training packages are non-refundable.

If Iron Magnolia Fitness must cancel a session, the session will be rescheduled.

Packages and sessions are not transferable.

Iron Magnolia Fitness reserves the right to modify rates, packages, schedules, and services. Any pricing changes will apply to future renewals and will not affect sessions already purchased and paid for.

Client Responsibilities

☐ Provide accurate health and contact information and promptly report relevant changes.

☐ Follow coaching instructions and use equipment only as directed.

☐ Tell the trainer immediately about pain, dizziness, unusual shortness of breath, or other concerning symptoms.

☐ Respect the facility, equipment, other clients, and scheduled appointment times.

☐ Understand that progress depends on many factors and no specific result is guaranteed.

Payment Authorization / Billing

☐ I authorize charges according to the package/membership terms I select.

- ☐ I understand that monthly payments are due on the last Friday of each month, (if applicable).
- ☐ I understand that personal training packages are non-refundable and that class memberships may be cancelled at any time, and I will receive a pro-rated refund using current rates - within 7 business days.
- ☐ I understand pop-in and individual personal training sessions are to be paid prior to any training.

Billing notes / agreed terms _____

Acknowledgment

I have read and agree to the training policies and terms stated above and any written package/membership terms provided to me.

Client Printed Name _____

Client Signature _____

Date _____

Iron Magnolia Fitness Owner _____

Date _____