

MYSIDE FITNESS TERMS AND CONDITIONS

Welcome to Myside Fitness! As your personal trainer your fitness goals are taken seriously. It is understood that losing weight and gaining muscle can be challenging, and the prime objective is to help overcome hurdles and reach defined goals. By analyzing body type, BMI, and metabolism, an individualized fitness plan will be created specifically for you.

These Terms and Conditions are part of your agreement with Myside Fitness LLC. Your agreement with Myside Fitness is made up of these Terms and Conditions and your Liability Waiver.

1. Results are not guaranteed. Nutrition, consistency, and dedication all play a big role in achieved results. No two bodies are the same.
2. Liability Waiver

Myside Fitness wants to ensure your training is safe, effective, and fun! However, this type of training comes with some risks and participating in our program means that you will be assuming those risks associated with your training sessions. Prior to your participation, you will need to sign our Waiver of Liability as a separate document. Please read that document and ask your trainer about any concerns or questions you might have.

3. Cancellations

Our training program assumes that you will show up to your sessions – not only mentally, but physically. Our program is not like a gym membership. You will be receiving one on one instruction by our trainers and it is important to your training and our trainer's schedules to avoid last minute cancellations or changes to the training schedule.

We understand that sometimes, unexpected delays can occur, making schedule adjustments necessary. If you need to cancel your training session, we respectfully request at least 24 hours' notice. Please call or text your trainer at _____.

Myside Fitness Cancellation Policy:

- Any cancellation or rescheduled training made less than 24 hours prior to your session or failure to appear at your session will result in a one-time free rescheduling of the training session. This rescheduled session should occur within 7 calendar days. This rescheduled session may need to be scheduled outside of the 7 calendar days if your trainer has no available sessions during the stated time frame.

- If you fail to arrive timely, your trainer may elect to cancel your session after being 15 minutes late with no refund or you can elect to finish your remaining session time.
- There are no refunds for missed and or cancelled training sessions, unless serious injury, medical issue, and or unavoidable disaster along with proper documentation of said misfortune, i.e. medical documentation.
- Should your trainer be unable to attend your scheduled session but is able to provide you with 24 hours' notice of unavailability, your session will be rescheduled.
- Should your trainer be unable to attend your scheduled session without 24 hours' notice, your missed session will be rescheduled, and you will receive a free additional session. This free session will not apply if your trainer suffers serious injury, medical issue, and or unavoidable disaster and demonstrates proper documentation.
- Any other refunds are at the discretion of Myside Fitness.

4. Payment and Costs

Myside Fitness wants to provide you with affordable and effective personal training.

- All payments must be made in full prior to any sessions being undertaken.
- Payments need to be made by subscription service or by digital payment service.
- Sessions start at \$_____ per session with a minimum of two sessions required per week.
- Your specific training may cost more than \$_____ per session, but your trainer will discuss these additional amounts with you prior to any increase.
- If you prepay for 4 weeks of sessions in advance, you will receive a 10% discount on the costs of your sessions.

We wish you the best of luck with your new training program and are excited to help you take your fitness to the next level!

I HEREBY AFFIRM THAT I AM OF LEGAL AGE AND OF SOUND MIND. I FURTHER AFFIRM THAT I HAVE READ, FULLY UNDERSTAND, AND AGREE TO MYSIDE FITNESS TERMS AND AGREEMENTS.

_____ (Participant Signature)

_____ (Participant Printed Name)

_____ (Date)