



THINGS TO KEEP IN MIND

Thank you for the opportunity to help you create energy, strength and an overall improved level of fitness. There is so much information that touts the benefit of a good exercise program and we congratulate you on making that commitment.

- All appointments are 1 hour, unless otherwise specified.
- As important as exercise is, schedule changes or cancellations do occur. We request a 24-hour notice. In the case of illness, please call as soon as you are able. Should cancellations become frequent or sustained, the decision to discontinue the professional relationship may be necessary.
- All no shows are charged the hourly rate.
- We make every attempt to arrive on time and assume you do as well. The hourly rate still applies for all partial sessions, barring an emergency.
- Should your medical condition change during our association, please inform us.
- If you desire a change in your workout or would like to focus on a particular area, please tell us. Remember, we are working for you.
- Should you have questions regarding your workout, please feel free to call or email. We are here to help you achieve your goals.

Good luck and good health,

Julie Shein, PT, CPT
Allison Yorra, CPT