

PERSONAL TRAINING WITH KT POLICIES

BASIC PROGRAM POLICIES

Training session length.

Each training session is based on a 50 minute hour, although longer or shorter options are available.

Purchasing Training package guidelines.

When purchasing a package of personal training sessions, you are receiving a discounted price for each session. Due to this, you are required to use all sessions at package price. If you don't use all the sessions in the package you will be required to pay package price for sessions used.

Trainer-Client ratio.

Individual (one-to-one) training, small group training, and phone consultations are options. Most of my clients choose the specialized attention and focus that one-on-one training provides. However, my role is to meet you where your interest, needs, and desires fall.

Partner Training-Small Group Training.

The policy for my partner training sessions were developed that even if one of you are out of town, sick, etc the other one can still keep her appointment and pay an extra \$5. This will allow the one that isn't sick or out of town the opportunity to still train with me individually! I have added the \$5 to this due to the discounted rates of partner training.

Promptness.

To get the most out of your time and efforts, please be read to exercise at the appointed time. Because clients are usually scheduled before and after you, or your trainer may have scheduled a meeting or personal development time immediately after your session, workout times cannot be extended.

If a trainer is late for your session-late is defined as one minute after your scheduled starting time-the training session will be extended if possible, and regardless, you will be credited with a complementary workout. We want your commitment and you have mine!

Cancellation

My primary goal is to provide the best possible service to my clients. In order to accomplish this goal, my business works on an appointment-based schedule to allow you the private and individualized time required for your personal-training session. Because of this schedule it is important that clients provide Personal Training with KT with proper notice when they need to cancel an appointment.

This means a cancellations should be **made at least 12 hours before the scheduled appointment failure to cancel training session with in the time stated above will result in the client being charge for that session.**

X _____ (PLEASE INITIAL)

Personal Training with KT understands that in times of emergencies and illness this is not always possible, circumstances such as these will be taken into consideration.

Clients Signature: _____

Date: _____

Trainer Signature: _____