



LSF Private Fitness Training: Policies & Guidelines

Thank you for your business! I am thrilled that you have chosen to commit to a healthy lifestyle and honored that you have chosen to work with me to do so. Please take a moment to review my policies and procedures in reference to cancellation and attendance so we can take your fitness to a new level in the most efficient way possible.

Session Expiration Policy

Sessions which are purchased in advance must be used within a finite amount of time in order to maintain consistency and motivation. Sessions must be used at a rate of 1 hour per week before they expire.

**For example, for 8 hour sessions, you will be given 8 weeks, for 8 half hour sessions, 4 weeks. After the allotted period, unused sessions will expire and become void.*

Cancellation/No-Show Policy

Cancellations must be made at least **24 hours** before the scheduled time in order to allow adequate time to fill the time slot. Should a cancellation be made within **24 hours** of your appointment, the session will be forfeited. Exceptions will be made on a case by case basis at the trainer's discretion.

*Last minute reschedules will be treated the same as cancellation.

Unrelated Injury Policy

In the event of an injury or medical condition outside of the context of our training sessions, the expiration date of any of the client's unused training sessions can be extended no more than double the allotted time agreed upon in the primary expiration policy.