



**Fitness That Works, Inc.**  
***Personal Training Policies***

The Trainer and the Client have agreed that the Trainer will conduct \_\_\_\_\_ sessions.

2. Please be ready to begin each training session at your schedule appointment time. If you, the Client, do arrive late, the training session will not be extended. If the trainer arrives late the sessions will be extended or credit given for lost time.
3. Should you, the Client, wish to reschedule an appointment, we will do our best to accommodate your request. Request for schedule change must be made within 24 hrs or the Client will be charged.
4. A 24-hour notice of cancellation is required should you, the Client, wish to cancel a training session.
5. Past due bills will be charged a financial charge to each 30 days past due.

Date: \_\_\_\_\_

Trainers Signature: \_\_\_\_\_

Client's Signature: