Personal Training Terms and Conditions

# Communication

This is the most important part of any successful relationship. **Please keep the lines of communication open with your trainer**. We totally understand that some things happen at the last minute and circumstances change.

# Payment

In order to guarantee times and availability all agreed sessions are expected to be **Pre-Paid for the month.**

* + It is okay to pay by week or session, but please communicate this with your trainer in advance.
  + If someone prepays for the time you requested then that time will no longer be available

# Attendance

Please try your best to **be on-time** and ready to begin training as your time is valuable and sessions are short.

# Cancellations

If you need to cancel please give your trainer a minimum of 24 **hour notice** so he/she can try to fill in the missed time. Any cancelations made the day of your appointment are expected to be **paid for**. Again, please communicate with your trainer. Remember this time was set aside for you and your trainer should be compensated accordingly.

# Refunds

There are **no refunds** given for training. However any prepaid sessions that are missed or cancelled in the 24hour timeframe can be made up within the same month. If you are unable to make up your time during the same month then your paid sessions can be deducted from the following month.