

CAREFIT STUDIO



TRAINING POLICIES AND AGREEMENTS

- All training sessions must be paid for in advance and can be purchased by the day, week, or month.
- Each training session is based on a 55 minute hour. Please allow for a proper warmup by arriving 5 minutes prior to or promptly to your scheduled training session.
- In order to achieve the most out of your fitness program, a minimum of two (2) purchased sessions are required for all private training so we can properly assess, educate, and instruct you.
- All cancellations that occur within 24 hours of a scheduled appointment cannot be rescheduled and will be charged to your account.
- All 2-4 semi-private training session fees are based on the whole group attending each time. Therefore, if an individual can not attend and the others can not reschedule, the missed session will be charged to your account.
- All Monthly Class Packages (8 classes or Unlimited) are for the current month of offering only. If you miss a class, you may attend a class at another day/time within the same month but not beyond.
- Please wear comfortable clothes that will allow you to move easily as well as appropriate athletic footwear.
- In the event that a trainer becomes suddenly ill or unable to instruct, a substitute trainer will be provided or the training session(s) will be rescheduled.

I, _____ (print name) have read the above policies. Any questions pertaining to the above have been answered to my satisfaction. I understand and agree to the above mentioned terms.

Signature

Date

Trainer

2425 Lime Kiln Lane Louisville, KY 40222

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