



POLICIES

1. Take Time To Read These Forms Carefully. In addition to this form, you understand that you will need to sign and return the following forms prior to receiving a Fitness Consultation, Training Program Design, or beginning any Personal Training program:
 - a. Waiver, Release, and Assumption of Risk Form
 - b. Physical Activity Readiness Questionnaire (PAR-Q)
 - c. Health History Questionnaire
2. We Might Need Your Physician's Consent. You understand that your KrickFit™ trainer is not a doctor/healthcare practitioner. We suggest that you have a full medical examination to be sure that you are healthy enough for the training that you anticipate doing with KrickFit™. We will be requiring certain information from you (blood pressure numbers, etc.), so when you get your examination, be sure to receive a copy for yourself. You may be required to have a Medical Clearance and Physician's Consent Form in addition to the forms listed above if you have any of the following physical conditions:
 - a. Hypertension (>145/95 mm Hg)
 - b. Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
 - c. Diabetes
 - d. Family history of heart disease prior to age 60
 - e. Smoking
 - f. Abnormal resting EKG
 - g. Any other condition that KrickFit™, in its sole discretion, believes might present an unreasonable risk, were you to participate in a fitness evaluation or program.
3. Be On Time. In order to provide the best possible service to all clients, we ask that you are ready to begin your session at the scheduled time. Time lost at the beginning of a session due to tardiness cannot be made up at the end of the session, as this would impact our ability to prepare for the next scheduled client. Unless prior arrangements have been made, you will be deemed a "no-show" if you are ten minutes late for an appointment. No refunds or credits will be given for "no-shows".
4. Your Program Lasts 50 Minutes From The Time You Are Scheduled To Arrive. Unless other arrangements are made, Personal Training sessions and Program Design explanations (both called "sessions" here) last approximately fifty minutes. In order to provide the best service to all clients, your trainer cannot commit to extending any particular session beyond its scheduled time; however, if the trainer is able to accommodate you without impacting other clients, please be advised that any session extensions beyond fifty minutes shall bear the then-current hourly session rate, billed in 10 minute increments. You will be expected to pay for such additional time at the end of that session.
5. Rates for KrickFit™'s services are subject to change. Prepaid sessions that are unused at the time of any rate change, however, will be honored at the price already paid.
6. Time slots are available on a "first-come, first-served" basis, by appointment. Sessions, whether purchased a la carte or as part of a package, must be paid for when the appointment is booked. As a convenience, you may schedule prepaid sessions in advance; provided, however that any cancellations are always subject to paragraph 7, below.
7. Regarding Cancellations . . .
 - a. Cancellations must be made by calling KrickFit™ to be deemed effective. All qualifying cancellations will result in a credit, which can be applied to a future session or other product or service from KrickFit™ within 30 days (see (c), below).
 - b. To receive credit for a session, your cancellation must be made with a minimum of 48 hours' advance notice. Unfortunately, regardless of the emergency, because your trainer will be unable to fill the time blocked out for you, cancellations with less than 48 hours' notice will not qualify for a credit.
 - c. If you receive credit for a missed session, the credit must be used within 30 days of the missed session, or it will be waived.
 - d. If your trainer needs to cancel a scheduled session, you will receive credit for that session, which must be used within 30 days.



8. Payment Is Due When You Make Your Appointment. Payment is due when booking a session. KrickFit™ accepts cash, checks, and most major credit cards. In the unlikely event that payment is returned by your bank (e.g., a check bounces), you agree that you will be charged a processing fee of \$50 for any such event, and you must pay via certified check or cash for any future sessions.
9. Abide By The Posted Rules. You agree to observe any and all rules of the gym or facility where workouts take place.
10. No Shirt, No Shoes, No Service. Proper workout shirts and shoes are required at all times during sessions. (Pants, of course, too! ☺) You should also have water available as necessary during the workout. Please bring your water in a spill proof container.
11. You Are In Control Of Your Workouts. You may terminate a particular exercise, session or workout at any time. If an exercise is uncomfortable or painful, or if you want to stop for any reason, you agree that you will do so. If you have an injury or other limitation that makes it difficult for you to perform an exercise or workout, your trainer will attempt to substitute another exercise to work or strengthen that particular muscle group. Your intake forms must detail all issues of which you are aware before you begin any session. You also expressly agree that your participation in KrickFit™ and any activity is purely voluntary and at your sole discretion. You are also aware of the potential stress, physical, and mental requirements, and physical risks involved in participation in KrickFit™, and fully assume all responsibility for your own well-being and actions, both physically and mentally. You understand that sessions may involve a trainer touching you, and if you feel uncomfortable at any time or that a touch is inappropriate, you agree that you will bring it to the attention of the trainer immediately.

Initial that you understand & agree to this paragraph & that you have read it thoroughly.

12. You Will Get From Your Sessions What You Put In. Results will vary by individual and KrickFit™ cannot guarantee specific results. You acknowledge that you are responsible for your decisions regarding whether or not to exercise consistently, eat properly, rest enough, and live a healthy lifestyle.
13. KrickFit™ respects your privacy. Due to the nature of our services, it is necessary to collect certain personal information. All information collected is treated as STRICTLY CONFIDENTIAL, and we will not share or redistribute your information except as necessary to provide you the services you have purchased (including payments for those services), or as required by law.
14. All Terms and Conditions Are Subject to Change. The most current version of these Policies is available upon request from KrickFit™. By continuing your sessions with KrickFit™, you agree that you will keep yourself apprised of the terms that govern those sessions.

Client's Signature Date

Please print name

Parent or legal guardian (if participant is under age eighteen) Date