**Personal Training and Group Fitness**

**Contract and Agreement**

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| --- | --- |
| **First Name:** | **Last Name:** |
| **Address:** | |
| **City:** | **State/Zip:** |
| **Phone:** | **Email:** |

**Terms and Conditions**

1. Personal training sessions that are not rescheduled or canceled 24 hours in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session. Group class registration cancellations and no shows will not result in any penalty.
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
3. The expiration policy for personal training sessions requires completion of all sessions within advertised policy timeframe, beginning from the date of the contract. Sessions are void after this time period. Package policies are as follows:

**Kai Kids:**

20 sessions - valid for 90 days

12 sessions- valid for 90 days

6 sessions - valid for 60 days

**Adult Personal Training:**

35 sessions (in person) - valid for 120 days

20 sessions (in person/virtual/partner) - valid for 90 days

12 sessions (in person) - valid for 90 days

10 sessions (virtual/partner)- valid for 90 days

6 sessions (in person) - valid for 60 days

5 sessions (virtual/partner)- valid for 60 days

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The expiration policy for group fitness class packages requires completion of all classes within 30 days from the date of purchase.

1. No refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions.

(see next page)

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| **Total Initial Investment:** | **Method of payment:** |

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| **Participant’s name (please print clearly)** |
| **Signature** |
| **Date** |

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| --- |
| **Parent/Guardian Signature (if needed)** |
| **Date** |

|  |
| --- |
| **Witness Signature** |
| **Date** |

**WE WISH YOU THE BEST OF LUCK ON YOUR NEW TRAINING PROGRAM!**