

Fuel Rx Fitness, Inc.

Personal training policies (terms and conditions) and release of property owner(s) liability.

All training is performed at the sole risk of the client. _____
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1. A health questionnaire or a Par-Q questionnaire is required and must be completed by the client, parent or guardian before any initial exercise or training program may commence with Fuel Rx fitness Inc. and/or its trainers. If there are any health concerns you must inform your personal trainer prior to beginning any exercise program. If the personal trainer decides that your health and/or safety are at risk, then the trainer has the right to deny service prior to receiving written clearance or approval from a certified physician. Your physician will be asked to fill out a physician form. It is extremely important to understand the recommendations made in regards to your health status.
2. You, the client, are responsible for addressing any important questions or concerns in regards to your health and/or safety before signing the Release and Assumption of Risk Agreement.
3. A Release and Assumption of Risk Agreement must be initialed, signed and dated before beginning the first boot camp, home fitness training session or use of the mobile gym _____
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4. If your personal trainer has determined that your health and/or safety are at risk, you will be required to have your physician fill out a form to give consent for you to receive a fitness evaluation from your personal trainer and set parameters for your exercise program for which you and your personal trainer must follow. If you do not consent to the physician referral form then your personal trainer cannot continue to work with you.
5. You will also be required to read and sign the Informed Consent Agreement. This form outlines the various types of fitness testing that you will be asked to participate in. Getting results from these tests will allow your personal trainer to give you an accurate baseline from which to measure your progress. This will assist the trainer in creating a program that will guarantee you results.
6. Inappropriate behavior will not be tolerated. Fuel Rx Fitness, Inc. follows a zero tolerance policy. The safety and well-being of all clients, the personal trainer and Fuel Rx Fitness, Inc. home base is extremely important. The following list states the behaviors that will not be tolerated: Stealing, entering areas that are off limits (such as entering the house without permission), sexual abuse, violent acts, verbal abuse or any other act that is intentionally harmful in any way. If a client conducts any of these inappropriate behaviors, he/she will automatically be eliminated from the program. There will be no refunds for inappropriate behavior.
7. Regarding boot camp sessions, if you do not use the package sessions you purchased within the time frame set forth, then you cannot receive a refund for those unused sessions.

I understand and agree with all the policies (terms and conditions) above _____
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8. The client is responsible for notifying his/her trainer at least 24 hours in advance if unable to attend a scheduled session. Private and bootcamp sessions that are **not** rescheduled or cancelled 24 hours in advance will result in forfeiture of the session and a loss of the financial investment (at the rate of one session per incident).
9. All training packages must be paid in full before beginning the program.
10. With all package sessions a month is defined as a 4 week period only.
11. The only exception to loss of sessions that may be redeemed is due to an illness, family or non-specific emergency that occurs within 24 hours before the session begins. A phone call is required. No more than 8 sessions can be redeemed within a year's period of time.
12. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
13. If the personal trainer has her or his own last minute illness or emergency, she or he is required to phone every client. When the trainer is able, the client's session(s) will be redeemed at the next scheduled session. There will be no loss of sessions due to any emergency occurring on behalf of the trainer.
14. If it rains, then the session (unless conducted indoors) will be cancelled for that day. No loss of sessions due to rain will incur. The session lost will be pushed to the next scheduled time and your package expiration date will be extended accordingly.
15. The personal trainer's first responsibility is the safety of everyone. If anyone feels pain or unusual discomfort, stop exercising and immediately inform the trainer.

Concerning Mobile Gym Rental:

16. When renting the mobile gym, the production company, corporation, or special event must provide Fuel Rx Fitness, Inc. with specific insurance requirements. A rental contract is also required, and must be signed by the responsible party.
17. Once the mobile gym leaves the lot for either pickup or delivery, the customer cannot redeem a refund for any reason.
18. There is a 24 hour cancellation policy for the mobile gym rental. If the customer does not cancel 24 hours ahead of time, the customer will be charged for one week.

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Personal training procedures (Terms and conditions)

1. Each client is offered one free training session and one free consultation, prior to making any commitment(s). The only requirement is to read and sign a Release and Assumption of Risk Agreement.
2. Regarding all packages: When clients come to their session they will sign-in on their specific sheet indicating the amount of sessions purchased, and the package expiration date. The sheet will display the number of sessions separately so the client can sign-in at each one. This allows for a quick visual reference concerning the number of sessions still available. Fuel Rx Fitness, Inc. will have you sign in before your workout so that you and your trainer can track your sessions. An email will be sent to you when you are a week away from your expiration date. The card will also indicate the amount of sessions recommended each week, based on your purchase and or fitness needs. You can use your sessions any time you want. You can even double up sessions if you want a two hour workout. Each session is one hour.
3. Private training session packages are limited to one or two people only.
4. The client is responsible for bringing his/her own water. This is a requirement. Clients without water will not be allowed to work out, due to health risks.
5. The client is responsible for wearing appropriate workout attire according to the weather conditions and to prevent heat exhaustion or cold related injuries. The client is also responsible for wearing the appropriate sport shoes to prevent injury.
6. A 5 minute warm-up at the very beginning of every session is conducted.
7. A 5 to 10 minute stretch/cool-down is conducted at the end of every session.
8. Every boot camp and private training session is aimed at giving the client a full body workout.
9. The boot camp client may be given a full assessment so the trainer can develop a personalized program based on the client's fitness level and goals. The client will also receive guidance on how to exercise on his or her own time. This will help a great deal in achieving client's goals.
10. The private client can also be given a full assessment so a personalized program, based on client's fitness level and goals, may be designed. The trainer can therefore direct the private sessions from the personalized program and evaluate progress more accurately.
11. The client can expect to have fun and gradually perform more challenging workouts. Since the trainer does not know the client's fitness level without an initial assessment (and future re-assessments), the trainer requires that the client pace him or herself accordingly, in the interest of safety. The trainer's observation of the client, over time, will indicate when recommendations need to be made in order for the client to increase their intensity, load, tempo or advance to more strenuous exercises. If the client is under a doctor's supervision, the trainer will work only within the guidelines allowed by the physician.

I understand and agree with all the procedures (terms and conditions) above _____

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If you have any questions about any policy or procedure please ask the personal trainer.

By signing bellow you have agreed with the policy and procedures stated above.

Signature _____ **Date** _____