

3) I certify that the answers to the questions outlined on the PAR-Q form are true and complete to the best of my knowledge. I acknowledge that medical clearance is required if I have answered "Yes" to any of the questions on the PAR-Q form. I understand and agree that it is my responsibility to inform my Personal Trainer of any conditions or changes in my health, now and on going, which might affect my ability to exercise safely and with minimal risk of injury.

I have read and understand this term: _____ (initial)

4) I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training sessions. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform my Coach.

I have read and understand this term: _____ (initial)

5) I understand the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions.

I have read and understand this term: _____ (initial)

6) I understand that ELEVATE PHW, bills its clients on a pre-pay basis. Once I have decided upon the type of membership package and payment plan I will purchase, payment must be made before the sessions are conducted. Cash and checks made payable to ELEVATE PHW. I understand that all Coaching sessions are non-transferable and non-refundable. I also understand that all Coaching sessions must be redeemed within the monthly billing cycle. I understand that all contract rates are based on 55-minute sessions and should I arrive late, there is no guarantee I will receive the full session.

I have read and understand this term: _____ (initial)

7) I understand that ELEVATE PHW operates on a scheduled appointment basis for all Coaching sessions and thus, REQUIRES that I provide 24 hours notice when canceling an appointment. No charge will be levied should I cancel with MORE than 24 hours notice given. Should I cancel a session with LESS than 24 hours prior notice, I will be charged in full for that session. I understand that ELEVATE PHW recommends that all cancelled sessions be rescheduled to ensure consistency and fitness progress.

I have read and understand this term: _____ (initial)

8) I understand that all contracts are a minimum term of 3 months, and that I am responsible for paying in full for the contract that I commit to. In the event that I would like to cancel my contract after the first 3 months, I understand that I must provide 30 days written notice from my contract anniversary date. I also understand that I will not be refunded for any portion of my contract if I choose not to complete all of the sessions available under the chosen contract.

I have read and understand this term: _____ (initial)

I have read this Release and Terms of Agreement and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

Client Signature

Client Printed Name

Parent Signature if Under 18

Coach Signature

Date

Date