

1. Personal training sessions should be paid for prior starting such sessions.
2. Cancellation of a session must be done before 2pm (One day before scheduled training time)
 - a. If the client cancels a session after 2pm, One day before scheduled training time, the client will be charged automatically in full for this session.
3. One session last approximately 45 min depending on training program.
4. Sessions will not be extended due to tardiness of the client or due to interruptions made by client. Any client who has not arrived in 25 minutes after the scheduled time shall be deemed cancelled and will be charged for the sessions, unless discussed prior with the trainer.
5. The sessions or packages of sessions have an expiration date based on 1 week per training sessions starting from the purchase date. Example: One package of 12 sessions will be expired 12 weeks after purchase.
6. The client may request a medical freeze on packages of sessions if the client can provide a letter for their physician. Not exceeding one year.
7. I understand and acknowledge that there are inherent risks involved in physical activity and consent to the exercise to me by my personal trainer.
8. Should my health or physical condition change, I will notify me personal trainer immediately so that they may make the necessary program modification.
9. If the trainer is not able to be at the scheduled training session a replacement trainer may take his or her place so that the client training is not interrupted.
10. The initial sessions with any trainer is 100% guaranteed: for any reason you are not satisfied with you're training sessions you will be completely refunded
11. Once the client is satisfied and the training packages begins the are no refunds available
12. For every referral nickhomefit will give a free session.



Personal Training Program
Client Trainer Policy

13. I have read and understand the above policies:

Full Name (Please print): _____

Price per Session: \$ _____ Number of Sessions: _____ T.P.W _____

Signature: _____

Date: _____
 DD MM YYYY

Exp. Date: _____
 DD MM YYYY

Personal Trainer Name:

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