

Personal & Semi-Private Training Policies

____ I understand that appropriate communication occurs via text or phone calls unless otherwise noted by the personal trainer. Contact Paula Hixson at 479-899-2201 or paulahixsontrainer@gmail.com

____ I acknowledge that appointment times are reserved and that cancellations must be made by 5:00 pm the previous business day for personal training and fitness assessment appointments.

____ I understand that I will not receive a refund for missed appointments. If a cancellation is not made by 5:00pm on the previous business day, the client understands that he/she will be charged for the session. Likewise, a 'no show' counts as a session serviced and the client will be charged. Please text or call 479-899-2201 for cancellations.

____ I understand that appointments will begin and end promptly as scheduled. Any delays to the start of a scheduled appointment will not be a cause to extend the provided service beyond the remainder of the scheduled time; I will not expect or ask my trainer to run overtime. I understand that if I am 10-minutes late, my session will be canceled, and I will be charged for that session.

____ I am fully aware of the risks associated with participation in physical activity and voluntarily agree to participate in the exercises recommended by the trainer.

____ I understand Fees for one person are ½ hour = \$30, ¾ hour = \$40 and 1 hour = \$50 to be paid in advance weekly or monthly if preferred. Two, three or four people training together: ½ hour = \$20 per person, ¾ hour = \$25, 1 hour = \$30 per person.

____ I understand that by paying for a month of Semi-private Reformer Classes (2-3 lessons per week), I will receive a special discount price \$15/lesson. No cancellations but make ups available when possible.

____ I understand that by paying for a month of Semi-private Reformer Classes (1 lesson per week), the rate is \$25/lesson. Paying in advance will guarantee a Reformer is available for you. No cancellations but make ups available when possible.

____ I understand that the drop-in class rate is \$25/lesson when there is availability.

Contact Information

Name: _____ Phone: _____

Address: _____

Email Address: _____

DOB: _____

Emergency Contact _____ Phone: _____

Relationship to Emergency Contact _____

Sign name: _____

Date: _____