

Name _____

Phone _____

Email _____

Date of Submission _____

Required prior to first sessions:

- PT Request Form
- PAR-Q
- Lifestyle & Health History
- Payment

Availability*List your preferred times on any days you're available. We secure a trainer based on your schedule.***Morning Availability (5am-12pm)**

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Afternoon Availability (12-5pm)

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Evening Availability (after 5pm)

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

TERMS & CONDITIONS

Personal Training contracts and sessions expire 12 months from date of purchase. No refunds are granted for sessions that have not been completed within 12 months unless a medical injury/condition prevents further continuation of remaining sessions and a letter is furnished by a licensed medical professional stating as such. A FULL training session is defined to be approximately one hour. Training sessions must be purchased before sessions are scheduled. A PAR-Q and Lifestyle & Health History form must be completed by new clients before scheduling training sessions. The first session for new clients is a fitness assessment, with the training program beginning during the second session.

CANCELATIONS**(Proof of Age Residency Required)**

Appointment times are reserved, and cancellations must be made 24 hours in advance (emergencies or sudden illness may be exempted at the trainer's discretion). Cancellations must be made by calling Fountain View Fitness Center at 630-784-6100 or the trainer's contact number if provided. Refunds are not given for missed appointments with insufficient notice.

TARDINESS

Appointments begin and end promptly as scheduled. Tardiness of more than 15 minutes results in a canceled session and the session is deducted. Delays to the start of an appointment are not cause to extend the provided service beyond the remainder of the scheduled time with the trainer.