

# Ladies who lift

Personal Training Contract and Policy Information

## Personal Training Contract

***By signing below I agree to the following terms and conditions:***

1. How to book and Payment

You can visit [www.bethnolancoaching](http://www.bethnolancoaching) and purchase the class there. It will be listed under programs you can select "Ladies who Lift". You may also pay directly through Zelle, or Venmo. If you decide to purchase this way please let me know and I can send you my information.

2. Fees:

Class is priced at \$25 a session with a 3 person minimum (5 person MAX). Classes must be paid for at least 24 hours prior to the session to save your spot. This is small group training not one on one. In the unlikely event you are the only individual for a session you will be given a choice to cancel the session or be charged the discounted rate of a 45 minute one on one session(\$45).

3. Cancellations/No shows:

You must give a 24 hour notice to cancel your session. No exceptions will be given unless it is a life threatening emergency to you or a loved one. If you fail to cancel within the 24 hour time frame your card on file will be charged a \$12 late fee and you will lose that session and no refund will be given. NO SHOWS will automatically be charged a \$12 fee. Constant cancellations will result in termination of services. ***If for any reason I have to cancel on you due to an emergency you will get one free session.***

4. Client Tardiness:

Timeliness is incredibly important so that you get the most out of your session. Sessions will start at the scheduled time and end at the scheduled time no matter what. If you run 5 minutes late your session will lose 5 minutes. I will not go 5 minutes over to make up for your tardiness.

5. Nutritional guidance

Included in this program is some nutritional guidance. We will discuss the basics of nutrition however this program does not include individualized nutritional coaching. If

you're interested in purchasing a nutritional coaching program you can do so at a 20% discount.

6. Inbody Scans: Inbody scans will be performed periodically so that you can see your results in real time and make adjustments if need be.

**Prior to our first session please click this link to fill out the client intake form so I can gather all necessary information for your program!**

<https://forms.wix.com/23cc184f-5e79-45ad-8a60-76c30ddd057a:7bc5ea47-08c5-4b38-9164-4aa64d7dcf6c>

Date: \_\_\_\_\_

Client Name: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_

Client Signature: \_\_\_\_\_

