



# JUNGLE GYM FL PERSONAL TRAINING

## POLICIES + PROCEDURES

- All workout sessions are 50 minutes long, unless negotiated differently between trainer and client.
- Client must commit to a minimum of 3 sessions per week, to ensure dedication to the program and facilitate their results. Additional sessions per week are encouraged but not required.
- The total number of sessions in the purchased package must be used by the expiration date set in the Client Contract (please refer to your individual contract for specific details). This date includes a standard 1 week buffer to allow for any “acts of God” that may cause the client to miss a session (illness, working late, etc). Any session(s) not used by the expiration date are forfeited.
- Please arrive ready to exercise. Time spent changing clothes, using the restroom, etc., is deducted from the session. Many clients choose to arrive 5-10 min prior to the start of their session for this reason.
- Roving (at-home) clients are responsible for reimbursing trainer for any costs associated with parking or valet.
- Please wear sensible workout clothes and sturdy shoes. Open-toed shoes, sandals, or flip-flops of any sort are unacceptable footwear for any training session. Trainer may refuse service if a client is wearing unacceptable footwear.
- The client is responsible for securing his or her own belongings. Neither the trainer nor the gym are responsible for lost or stolen items belonging to client.
- If trainer needs to cancel or reschedule a training session, he will notify client the day before the scheduled session. Same-day cancellations on behalf of the trainer will result in the client gaining 1 free session, in addition to the missed session.
- If client needs to cancel or reschedule a session, he or she must notify trainer the day before the scheduled session. Same-day cancellations on behalf of the client will result in the client forfeiting the session. No-show clients forfeit their session(s).
- If you are running 15 minutes or more late for your session, you **must** notify trainer via text or phone call. After 15 minutes, any client who has not shown up for their session is considered a no-show and the session is considered a forfeit. Trainer may leave the premises if a client has not shown up 15+ minutes after the scheduled workout time.



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- All sales are final. Any refund for unused personal training sessions is at the sole personal discretion of the trainer. There are no refunds for personal training after point-of-sale except under the following circumstances **and** with documented proof:
  - Illness or injury that necessitates immediate cessation of the training program.
  - Death or tragedy within immediate family.
  - Moving 20+ miles away from previously agreed-upon training location.
- Sales are conducted via cash, personal check or PayPal. Credit cards are currently not accepted. If paying via check or PayPal, please allow three (3) business days for transferring of funds before training commences.
- The cost of gym membership is not included in any personal training package sale. Please consult Victor Lazzari for details regarding gym membership fees and discounts.

I, the client, hereby state that I understand the aforementioned policies and procedures.

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Client Signature

Date