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personal training studio

## PERSONAL TRAINING POLICIES

1. Please arrive at minimum early 5-10 minutes , so that you may warm up and stretch prior to beginning your training session at your scheduled appointment time. If you, the client, do arrive late, the training session will not be extended.
2. Should you, the client, wish to reschedule an appointment, we will do our best to accommodate your request. Should the trainer be unable to find an alternative time slot, and the request is placed less than 24 hours prior to the appointment, you, the client, will be charged for the appointment.
3. A 24 hour notice of cancellation is required should you, the client, wish to cancel a training session.
4. Energy Fitness requests that a fourteen (14) day advance notice be given in the case of your (*the client's*) vacations or absences during the term of the training contract.
5. You may be asked to use an alternate cardiovascular machine if you are working out on your own and a trainer needs a bike or a treadmill to perform a cardiovascular fitness assessment.
6. As a courtesy to our clients/members please place dirty towels in the bins provided.
7. As a courtesy to our clients/members please use the disinfectant wipes after sweating on a machine. Use the trash cans provided to dispose of dirty toilettes.
8. Please put equipment back in it's proper place.
9. Personal radios/headphones are provided for the listening to the television. Please disinfect headphones after use.
10. *HAVE FUN AND ENJOY YOUR TRAVELS ON THE ROAD TO OPTIMAL HEALTH!*

### Additional Important Information

*No alcohol consumption within 8 hours of training session.*

#### **Medical Freeze Option:**

If you (the client) become ill or injured and have been advised by your physician to temporarily discontinue training, we, Energy Fitness, will freeze any remaining training sessions for a period of up to 12 months from the original expected contract termination date. You, (the client) should provide a doctor's certificate along with the medical freeze activation form. If you, (the client) cannot come in to pick up the form, the information may be taken over the phone and a copy of the doctor's certificate mailed or faxed to Energy Fitness. Upon return of you, (the client) a medical release and authorization to return to training from the your (the client's) physician or health care provider. A copy of the Medical Clearance form is in your welcome packet.

#### **Trainer Illness**

In the event of trainer illness, a 24-hour notice will be given to you (the client). In the event of sudden illness, a substitute trainer will be provided on an availability basis or the training session will be rescheduled.

#### **Trainer Vacations**

We, Energy Fitness, will inform you (the client) of any scheduled trainer vacations before formal training. A reminder notice will be provided 14 days prior to the vacation. A substitute trainer may be provided or a home program designed. This will be determined based on each client's individual preference.

#### **Cancelling your Training**

All training agreements are cancellable with 30 days written notice.