



SMU Fitness

PERSONAL TRAINING

Policies for the Personal Training Program

Please read and sign:

Initial appointment- you will be contacted within 48-hours by the Personal Training Supervisor to schedule the initial appointment. After the fitness staff attempts to schedule the initial appointment three consecutive times with no response from the client, the Personal Training fee/package will be considered null and void. This includes all sessions purchased.

Canceling sessions- Clients must notify their trainer **at least 24 hours** in advance to reschedule an appointment. If the client fails to do this, the session will be forfeited. If a client no-shows, he/she will still be charged for that session. There will be NO REFUNDS and NO EXCEPTIONS.

Tardy client- If a client is late for a session, the length of the session is degraded by that amount of time. For instance, if a client signs up for a 1-hour session and is 15-minutes late, the session will only last 45-minutes. There will be no discount for this remission.

Tardy trainer- If a personal trainer is over 5-minutes late for any session, he/she will give that client a complimentary 1-hour session, in addition to # of sessions already purchased.

Dissatisfaction with assigned trainer- If a client is not satisfied after the FIRST session with the trainer he/she is assigned to, he/she can be reassigned to a new trainer at no additional cost and one complimentary session will be added with the new trainer. If the client waits until all sessions have been completed, then complains that he/she is not satisfied with the trainer, there will be no reimbursement or reassignment (free of charge).

Meal plans- Personal Trainers, without nutrition certification or dietitian license, are not allowed to prescribe meal plans to their clients. Nutritional information/guidelines may be discussed and explained, but specific meal prescriptions are strictly prohibited.

Remaining sessions- After the trainer attempts to contact the client to schedule remaining sessions three consecutive times without a response from the client, all remaining sessions will be considered null and void. At this point the client will no longer be able to access these sessions (regardless of how many are left). Clients will be required to purchase new sessions to continue working out with the SMU Personal Training program. *Clients are able to put sessions on "hold" until the client is able to utilize them. It is the client's responsibility to contact the Fitness Coordinator with this information.* **There are NO REFUNDS for sessions purchased.**

I have read and understand the conditions stated above.

Signature _____

Date _____

A Member of the SMU Recreational Sports Fitness Team will be in contact within 48 business hours.

COMPLETE ON BACK PAGE

First-Time Purchase: Registration Sheet

Please see front of this sheet for Personal Training policies. Signature is required.

For any additional appointments, see your trainer

A Member of the SMU Recreational Sports Fitness Team will be in contact within 48 business hours.

Name of Client _____ SMU ID # _____

Daytime Phone _____ Evening Phone _____

Cellular _____ Email _____

Age _____ DOB _____ Height _____ Weight _____ Gender _____

Client Availability - Please Indicate Specific Times Available

Mon _____ Tues _____

Wed _____ Thurs _____

Fri _____ Weekends _____

Please circle your trainer preference: Male Female No preference

Trainer's Name (if known): _____

ONE-ON-ONE PERSONAL TRAINING (CIRCLE DESIRED PACKAGE):

Please Circle Your Desired Program(s):

<p>Bronze Package: Fitness Orientation Fitness Assessment Testing 1 Personal Training Session Package Cost: \$60.00</p>	<p>Better Bronze Package: Fitness Orientation Fitness Assessment Testing 3 Personal Training Sessions Package Cost: \$165.00</p>	<p>Silver Package: Fitness Orientation Fitness Assessment Testing 5 Personal Training Sessions Package Cost: \$280.00</p>
<p>Gold Package: Fitness Orientation Fitness Assessment Testing 10 Personal Training Sessions Post-training Fitness Assessment Package Cost: \$500.00</p>	<p>Platinum Package: Fitness Orientation Fitness Assessment Testing 30 Personal Training Sessions Post-training Fitness Assessment Package Cost: \$1,350.00</p>	<p>Pairs Package: Fitness Orientation Fitness Assessment Testing 10 Personal Training Sessions Post-training Fitness Assessment Package Cost: \$270 ea. person</p>

GROUP PERSONAL TRAINING:

Please Write-In Your Desired Program(s):

e.g., "Fitness Five", "Boot Camp", etc.

BEFORE SUBMITTING COMPLETED SHEET, VERIFY THAT ALL INFORMATION IS CORRECT