

Personal Training Scheduling Policy

Welcome and congratulations on investing into your health and our club! As a new member of Superior, we would like to inform you of several important policies regarding the scheduling of your complimentary personal training appointment.

1. You have **30 days** from you sign up date to take advantage of your complimentary personal training session. Please dress in comfortable workout attire and be prepared for physical activity. If you feel you would benefit more from just nutritional education, you can use the hour as a nutritional consultation, rather than for the development of an exercise program.
2. Please keep all appointments. If you need to cancel a session with a trainer, please give us **24 hours advanced notice**. Last minute cancellations do not allow our trainers enough time to reschedule with another member. When a member does not show up for a session or cancels on short notice, valuable training time is lost.
3. If you arrive very late for your session (15 minutes) or if you cancel late, you will be considered a no-show. You must pay your no-show fee before we will schedule a new appointment.

The following is our no-show policy:

In case of an emergency, please contact the club as soon as possible to let your trainer know that you will not be arriving. We understand that true emergencies do occur and we will therefore not count your missed appointment as a no-show.

*1st no-show – You will have one more opportunity to reschedule your complimentary personal training appointment.

**2nd no-show – A fifty dollar fee will be charged to your account. If you choose to reschedule your appointment again, you may purchase the session for fifty dollars.

Your signature below signifies that you have read AND AGREED TO EACH OF THESE POLICIES. If you have any further questions please ask now.

Signed by: _____ Date: _____

Parent or guardian signature (if under 18): _____

Appointment Date / Time: _____ Trainer: _____