Tami Brody
Certified Personal Trainer

Congratulations on your decision to use Tami Brody as your Personal Trainer to help you with your fitness program. Exercising with the assistance of a personal trainer is the safest and most effective way to train. I encourage you to get the most from your session with me. To accomplish this, it is important to follow the program designed for you and make a commitment to putting in a **100% effort during every workout**.

What you should expect from me as your personal trainer:
As your trainer I strive to be professional, effective, adaptive and intuitive during each session. If you ever have an issue or concern involving your personal training, please let me know, don't be embarrassed or nervous about asking questions.

What I will expect from you:
100% effort on your part toward reaching your goals. As your trainer, I will give you direction and meet with you regularly to keep you on course. But, in the end, it's still your responsibility to make the effort to listen and maintain your program, inside and outside of the fitness center.

Policies:

Payment – Payment must be received prior to training. I am not allowed to perform a training session prior to payment.

Cancellation – Scheduled personal training session reserves that time slot with me as your trainer. You are responsible for training fees for each and every reserved session. Missed sessions, other than for extreme emergencies, will still be charged in full. This policy's objective is to create a reliable scheduling routine for me and create consistency in your fitness program for you. Please enjoy your training and be consistent in keeping your appointments.

Refunds
In the event that you will no longer be able to continue personal training with me any pre-paid sessions will be forfeited. Although the standard industry policy is No Refunds, I will look at each refund request on a case by case basis and determine if a refund will be given (moving to another city, illness etc…). Already used sessions will not be refunded under any circumstances.

I have read and understand the cancellation/refund policy.

_____ _____
Client Date

_____ _____
Tami Brody -Trainer Date