



## New Client Checklist

- I have received and read a copy of my entire Lifestyle Solutions Agreement and have scheduled my first personal training appointment.
- I understand that my membership has an Initial Term of 52 weeks (unless otherwise stated on the Agreement) and that the Services will continue at the same price and with the same Training Cycle (your billing period) until I submit a written request to cancel to the P.O. Box address in this Agreement.
- I understand that I may voluntarily cancel my Personal Training Agreement at any time during the Initial Term by paying a termination fee equal to 50% of my remaining balance at the time of notice.
- I understand that if I have “Additional Sessions” identified on page 1, that those sessions are provided based on my commitment to complete the full Initial Term of my Agreement, so if I fail to complete the Initial Term, any such sessions utilized by me will be applied as paid sessions against my remaining session balance.
- I am aware that my trainer will conduct a Fitness Evaluation during my first training session.
- I understand that scheduling all future session is my responsibility and that failing to show up or provide a 24-hour notice of cancelation will result in me being charged for that session.
- I am aware that, if this is not a Paid In Full Agreement, my personal training dues are automatically paid on a reoccurring basis by electronic funds transfer from either a checking account or credit card.
- I am aware that this Personal Training Agreement does not include nutritional counseling or advice. If those

services are needed we recommend you seek the advice of a Registered Dietician.

I realize that I am purchasing personal training services but not the services of any specific individual trainer. I also realize that I may be assigned to several different trainers during the course of my program. However, if Master Training is purchased, I will have access to Master Trainers at my club of enrollment.

I understand that my training sessions become available only as I pay for them. I further understand that my sessions will expire 30 days after the end of my EFT/CC Payments Agreement, or 1 year after the date of purchase if this is a Paid In Full Agreement.

I understand that unless otherwise stated on my Personal Training Agreement, my personal training sessions are 25 minutes in duration. However, I may also sign up for 50-minute group training sessions, where available, in lieu of 25-minute private sessions.

### Set for Success:

- Arrive early enough for your sessions to allow a 5 minute “warm up” and some stretches prior to meeting with your trainer.
- Bring a notebook to all of your training sessions. This will allow your trainer to document your workouts and allow you to take notes.
- For your convenience an account may be created online by logging onto [www.iiivivfitness.com](http://www.iiivivfitness.com) to book and cancel your training appointments. Please book all sessions online or through the club; do not call your personal trainer directly.