

T3 Fitness LLC Policies



1. In addition to this form, Client will be required to sign and return the following forms to T3 Fitness LLC prior to receiving a Fitness Consultation, Training Program Design, or beginning any Personal Training program:
 - a. Waiver, Release, and Assumption of Risk Form
 - b. Waiver, Release, and Assumption of Risk (Home Workouts), if applicable
 - c. Physical Activity Readiness Questionnaire (PAR-Q)
 - d. Health History Questionnaire
 - e. Training Services Agreement
2. If you have any of the following physical conditions, you may be required to have a Medical Clearance and Physician's Consent Form:
 - a. Hypertension (>145/95 mm Hg)
 - b. Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
 - c. Diabetes
 - d. Family history of heart disease prior to age 60
 - e. Smoking
 - f. Abnormal resting EKG
 - g. Any other condition that T3 Fitness LLC in its sole discretion may deem to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.
3. Unless other arrangements are made, Personal Training sessions, and Program Design explanations (these services herein individually and collectively referred to as "sessions") last approximately sixty minutes. In order to provide the best service to all Clients, T3 Fitness LLC cannot commit to extending any particular session beyond its previously scheduled time. In those cases where schedules do permit, Clients may request to extend sessions beyond sixty minutes at the current hourly session rate.
4. Rates for T3 Fitness LLC services are subject to change. Services prepaid for by Client, which are unused at the time of any rate change, will be honored at the price already paid.
5. Time slots are available on a "first-come, first-served" basis by appointment. Sessions, whether purchased a la carte or as part of a package, must be paid for when the appointment is booked or as deemed appropriate by T3 Fitness LLC. Clients are encouraged to schedule prepaid sessions in advance.
6. In order to provide the best possible service to all Clients, T3 Fitness LLC asks that all Clients be ready to begin their session at the scheduled time. Time lost at the beginning of a session due to a Client's tardiness cannot be made up at the end of the session as that could potentially impact the next scheduled Client. Unless prior arrangements have been made, a Client will be deemed a "no-show" when they are fifteen minutes late for an appointment. No refunds or credits will be given for "no-shows".
7. Regarding cancellations:
 - a. All qualifying cancellations will result in a credit being given which can be applied to a future session or other product or service from T3 Fitness LLC.

