



MCB Quantico Semper Fit Client-Trainer Agreement

Effective 1 September 2018

703-432-0593

1. Clients must cancel appointments 12 hours in advance, otherwise the session is forfeited. Please call 703-432-0593 to notify the Personal Training staff as soon as possible if you know you will be absent.

2. Training sessions are one hour in length. Please contact your trainer if you are running late. Trainers will wait 15 minutes for late arrivals. Clients failing to call/show after 15 minutes will forfeit the session as a "no show".

3. All sessions expire 60 days after the last completed session. Clients may request a "freeze" of purchased sessions **in advance** if they will be away for greater than 60 days.

4. Clients are expected to adhere to all BPAC policies.

5. Each client is required to complete a Physical Activity Readiness Questionnaire (PAR-Q), a medical clearance (if needed, as determined by PAR-Q), and Microfit assessment in order to be accepted into the Semper Fit Personal Training Program.

6. Training sessions can be purchased throughout the year. Refunds are not permitted

7. Active Duty and Reservist clients may have PII disclosed to their Command at the request of the Command.

8. A reassessment is required if a client is absent from the Semper Fit Personal Training Program longer than 6 months.

I have read and understand the policies above and have had the opportunity to ask my trainer questions in this regard.

Print Client Name _____

Client Signature

Date

Trainer Signature

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