



MCB Quantico Semper Fit Client-Trainer Agreement
Effective January 1, 2012
(703) 432-0953

1. Clients must cancel appointments 12 hours in advance, **otherwise the session is forfeited.**
2. Clients are expected to adhere to Fitness Deck policies regarding bags, covers and cardio time limits.
3. Each client is required to complete a health history screening form (PAR-Q) before beginning their fitness assessment. A physician's referral form may need to be completed if the client has any health risk(s) and/or can be requested at the discretion of the trainer.
4. Training sessions can be purchased throughout the year. Refunds are not permitted
5. 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".
6. All sessions expire after 60 days without use.
7. Trainers late to sessions will owe the client the missed time
8. Understand your health history and physical limitation information may be disclosed to an additional trainer in the case of sharing multiple trainers. Rehabilitation and BCP clients may have information disclosed to their Command at the request of the Command.

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