



PERSONAL TRAINING POLICIES AND PROCEDURES

RATES: \$30/half hour session, \$50/full hour session for all sessions.

PAYMENT: Payment is due at the time of booking. We accept cash, personal checks, or member charge. We require a 4-session purchase minimum.

TIME SLOTS: When purchasing Personal Training, you are purchasing the time slot. Time slots cannot be held without payment. Rebooking a recurring time is subject to availability unless pre-paid.

Please be aware that sessions begin promptly at the time booked. We are unable to extend a session beyond the time parameter. If you are late to a session, you will be allowed to train only for the time remaining.

CANCELLATION: We require 24-hour notice for cancellations. If you are unable to give 24-hour notice you will be charged for the missed session. Exceptions are given at the discretion of the trainer.

FOR YOUR SAFETY: You should check with your doctor prior to beginning any new exercise program. Please make your trainer aware of any preexisting or new health issues. You should bring to your session a hand towel (provided in the Club Renaissance locker rooms) and a bottle of water. Closed toe athletic shoes and gym appropriate attire are required in the fitness center; no sandals or swimwear is permitted. We advise having a healthy meal an hour or two before your session.

HOW TO BOOK YOUR SESSIONS:

New members to Club Renaissance receive a complimentary, one-time orientation to the fitness center. Any private sessions following this initial appointment are considered Personal Training and subject to the guidelines above. Please stop by the Fitness Center to book your sessions. You may also call at 813-1558-1245. Any questions please refer to Ichell Davis and Alexis Macon, the staff Trainers.