

Policies/Personal Agreement

1. Pilates sessions will begin at the time agreed upon by the client and trainer and will last 60 minutes. Please be on time in order to make full use of the training session. Should you arrive late, there is no guarantee you will receive the full session with your instructor. In return, if your Pilates instructor is late for a session you will still receive the full session time.
2. All forms including Health History, Waiver of Liability, Personal Agreement and Physicians Approval (if necessary) will be filled out and signed prior to commencement of our training sessions.
3. 24 hour cancellation notice is required for all private sessions. Make up sessions will be granted in case of emergency. No charge will be levied should you cancel with MORE than 24 hours notice given. There will be a charge for any cancellations occurring less than 24 hours in advance of scheduled session. The cancellation charge will be equal to the amount of one training session. If the canceled session is part of a package, it will count as one complete session of that package. Balance for Life Fitness Center, Inc. recommends that all canceled sessions be rescheduled to ensure consistency and fitness progress.
4. Center Flow Pilates, Inc. bills its Pilates clients on a pre-pay basis. Once my instructor and I have decided upon the number of sessions I will purchase, payment must be made before the sessions are conducted. I understand that all Pilates sessions are non-refundable and non-transferable (without the permission of your instructor).

I have read the above terms and conditions. All questions pertaining to the above have been answered to my satisfaction. I understand and agree to the above-mentioned items.

Printed name: _____ Date: _____

Signature: _____