



Private Training Agreement

GXUnited Fitness Co. / May 2021

Below are the terms of agreement for private training sessions offered by GSO Yoga & Movement, LLC (DBA GXUnited Fitness Co. (GFC)).

By reading and signing below you understand and agree to the following terms between yourself and GXUnited Fitness Co. Furthermore, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by the leaders of the program.

Terms & Conditions

1. You are voluntarily engaging in private training services provided by certified trainers of GXUnited Fitness Co.
2. Trainers will create an exercise program geared specifically to your needs and experience level based on an assessment performed in the first session and continued evaluation by the trainer.
3. You agree to sign GXUnited Fitness Co.'s **Disclosure & Release of Liability agreement**.
4. You agree to sign and complete a **PAR-Q** prior to beginning private training sessions.
5. You agree the voluntary completion of an **Exercise History** form prior to the start of training sessions.
6. You agree to inform GXUnited Fitness Co. and your trainer of any and all conditions, medical or otherwise, that may affect your participation in training sessions.

Scheduling & Payments

1. All private sessions must be scheduled a minimum of 24-hours in advance with the specific trainer. No online scheduling of private sessions can be done at this time.
2. Private sessions must be paid for at the time of scheduling.
3. Training sessions will begin promptly at the scheduled time; clients arriving late will receive the remaining scheduled session time (based on the purchased session duration).

Cancellation Policy

1. A 24-hour cancellation policy* is in effect for all private sessions.
2. Failure to provide 24-hours cancellation notice shall result in the forfeiture of the session and a loss of the financial investment at the rate of one session.
3. Any appointment no-shows will result in the forfeiture of the session, the loss of the financial investment at the rate of one session, and an additional \$25 no-show fee.
4. All invoices for late cancels and no-shows must be paid prior to scheduling a new private session.

Expirations & Refunds

1. All sessions must be used within 30-days of purchase. Private sessions are void after 30-days and can not be refunded, transferred, or used for any other services.
2. No refunds will be given for private sessions, including no-show sessions or late cancel sessions.

First Session (Evaluation)

1. The first session is a movement evaluation and discussion of goals, this session is required to be a 60-minute session. After this, session durations and number of sessions per week can be decided on by you and your trainer.