



## XTREEME FITNESS POLICIES

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1. In addition to this form, Client will be required to sign and return the following forms to Xtreeme Fitness prior to receiving a Fitness Consultation, Training Program Design, or beginning any Personal Training program:
  - a. Registration Form
  - b. Waiver, Release, and Assumption of Risk Form
  - c. Physical Activity Readiness Questionnaire (PAR-Q)
  - d. Training Service Agreement (To be completed at assessment)
2. If you have any of the following physical conditions, you are required to have a Medical Clearance and Physician's Consent Form:
  - a. Hypertension (>145/95 mm Hg)
  - b. Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
  - c. Diabetes
  - d. Family history of heart disease prior to age 60
  - e. Smoking
  - f. Abnormal resting EKG
  - g. Any other condition that Xtreeme Fitness in its sole discretion may deem to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.

\_\_\_\_\_ Client's Initials

3. Unless other arrangements are made, Personal Training sessions, and Program Design explanations (these services herein individually and collectively referred to as "sessions") last approximately sixty minutes. In order to provide the best service to all Clients, Xtreeme Fitness cannot commit to extending any particular session beyond its previously scheduled time. In those cases where schedules do permit, Clients may request to extend sessions beyond sixty minutes at the current hourly session rate.
4. Rates for Xtreeme Fitness services are subject to change. Services prepaid for by Client, which are unused at the time of any rate change, will be honored at the price already paid.
5. In order to provide the best possible service to all Clients, Xtreeme Fitness asks that all Clients be ready to begin their session at the scheduled time. Time lost at the beginning of a session due to a Client's tardiness cannot be made up at the end of the session as that could potentially impact the next scheduled session. Unless prior arrangements have been made, no refunds or credits will be given for "no-shows".

6. Regarding cancellations:

- a. All qualifying cancellations will result in a credit being given which can be applied to any future boot camp session within 60 days. Credits are for future sessions only not cash value.
- b. All cancellations must be made prior to session in order to receive credit for that session. Cancellations must be made by calling 719-213-4267 or 719-213-3133 also by email: info@xtreemefitness.com.
- c. If Client receives credit for a missed session, the credit must be used within 60 days of the missed session, or it will be waived.
- d. If Xtreme Fitness needs to cancel a scheduled boot camp session, Clients will receive credit for such-session.

\_\_\_\_\_ Client's Initials

- 7. Payment is due at the time the appointment for a session is booked. Xtreme Fitness accepts cash, check or credit card (Visa, MasterCard, and Discover).
- 8. Clients are required to observe any and all rules of the parks, gym or facilities where sessions take place, if applicable.
- 9. Shirts and shoes are required at all times during sessions. Client should also have water available as necessary during the workout.
- 10. Clients have the right to terminate a particular exercise or session at any time. You are in control of your workouts! If an exercise is uncomfortable or painful, or if you want to stop for any reason, you may do so. If a particular exercise is painful for you to do or you have an injury or other limitation that makes it difficult for you to do, Xtreme Fitness can attempt to substitute another exercise to work that particular muscle group.
- 11. You will get from your workouts what you put in. Results will vary by individual and Xtreme Fitness cannot guarantee specific results. Client acknowledges that Client is responsible for their decisions regarding whether or not to exercise consistently, eat properly, rest enough, and live a healthy lifestyle.
- 12. Xtreme Fitness respects your privacy. Due to the nature of our services, it is necessary to collect certain personal information from Clients. All information collected is treated as STRICTLY CONFIDENTIAL, and Xtreme Fitness will not share or redistribute your information with any third party except as necessary to provide services purchased by the Client, or as required by law. Any information gathered from a Client is simply for our records and, if applicable, necessary to provide the services to the Client for which we have been contracted.
- 13. All Terms and Conditions are subject to change. The most current version of these Terms, Conditions, and Policies will be posted on [www.xtreemefitness.com](http://www.xtreemefitness.com).

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please print name

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Parent or legal guardian (if participant is under age eighteen)      Date