PRECISION

STRENGTH | WELLNESS

MOVE • FUEL • RECOVER • CONNECT

CLIENT INFORMATION & CONSENT FORM

Client Name: _____ **Date:** _____

Phone Number: _____ **Email:** _____

Please read the following policies carefully. By checking each box and signing below, you acknowledge that you have read, understand, and agree to comply with these policies.

☐	**1. PRICING & MEMBERSHIP FEES**	Precision reserves the right to change, modify, or adjust pricing, membership fees, personal training rates, and other service fees as the gym deems necessary. Clients will be notified of applicable pricing changes in accordance with any applicable agreement or law.
☐	**2. SESSION SCHEDULING**	Personal training sessions must be scheduled with at least 24 hours' notice whenever possible. Session availability is based on trainer schedules and gym availability. Clients are responsible for scheduling their sessions in advance.
☐	**3. TIMELINESS**	Clients are expected to arrive on time and ready for their scheduled workout session. Arriving late may result in a shortened training session, as the session will generally end at its scheduled time.
☐	**4. PERSONAL TRAINING CANCELLATION POLICY**	A minimum of 24 hours' notice is required to cancel or reschedule a personal training session. Failure to provide adequate notice may result in the session being considered used and/or forfeited.
☐	**5. UNUSED SESSIONS**	Personal training sessions or other purchased sessions must be used during the applicable billing or membership period. Unused sessions do not carry over into the following month unless otherwise approved in writing by Precision.
☐	**6. PERSONAL BELONGINGS**	Clients are responsible for their personal belongings while on Precision's premises. Precision is not responsible for lost, misplaced, damaged, or stolen personal items. Clients are encouraged to secure valuables and avoid bringing unnecessary items into the gym.
☐	**7. ASSUMPTION OF RISK & INJURIES**	Participation in exercise and physical training involves inherent risks, including but not limited to muscle soreness, strains, sprains, falls, and other injuries. Clients acknowledge that they are voluntarily participating in physical activity and are responsible for informing Precision and/or their trainer of any medical conditions, limitations, injuries, or changes in health that may affect their ability to exercise. Precision will take reasonable measures to maintain a safe exercise environment; however, Precision is not responsible for injuries arising from the inherent risks of exercise or from a client's participation in activities on the gym premises, to the extent permitted by applicable law. Nothing in this agreement is intended to waive rights or responsibilities that cannot legally be waived. Clients are encouraged to consult with a physician or other qualified healthcare professional before beginning or changing an exercise program, particularly if they have concerns about their ability to safely participate.

CLIENT ACKNOWLEDGMENT & CONSENT

By checking the boxes above and signing below, I acknowledge that I have read and understand the policies outlined in this Information & Consent Form. I agree to follow Precision's scheduling, cancellation, payment, and facility policies. I understand that participation in exercise involves inherent risks and that I am responsible for exercising within my individual abilities and notifying Precision of relevant health or physical limitations.

I understand that I may ask questions about these policies before signing.

Client Signature: _____ **Date:** _____

Printed Name: _____ **Date:** _____

Precision Representative: _____ **Date:** _____

Representative Signature: _____ **Date:** _____