

Cancellation Policy

Health First Fitness offers a highly specialized service that requires ongoing commitment and communication by both the trainer and the client if results are to be realized and/or maintained.

When workout space is reserved it is expected that you will make attendance your highest priority on that day and time.

If you are simply feeling a little tired or “under the weather” I encourage you not to cancel. Exercise has been shown to alleviate feelings of tiredness and give a boost to the immune system. If you are not sure, give me a call and we can discuss it. I will be happy to adjust your workout accordingly.

If an appointment is cancelled with more than 3 hours notice you will be strongly encouraged to reschedule and make up the session within 1-2 weeks when space is available.

If rescheduling a cancelled appointment is not feasible you may carry the session over to the end of your package provided the package does not extend beyond its expiration date.

Sessions cancelled with less than 3 hours notice will be forfeited (charged to your account) regardless of circumstances.

If I get the impression that you are not making an honest effort to consistently make your scheduled appointments a priority, I will discuss my concerns with you so that we may come to a mutually beneficial agreement on how to proceed.

It is my aim that this cancellation policy is rigid enough to help you stay on track with your health and fitness goals while being generous enough to accommodate life’s unexpected changes.

I understand what is expected of me as a client of Health First Fitness and I agree to the above terms.

Participant’s Signature _____

Today’s Date _____

Here’s to your health and thank you for your patronage!

Leslie