

**McLean Racquet & Health Club
FITNESS DEPARTMENT TRAINING AGREEMENT**

Dear Client:

Welcome to the wonderful world of increased health, wellness and fitness, I look forward to working with you. MRHC administrative policies are summarized below.

- 1. Communication is important to our continued success. My goal is to assist you in achieving your goals in a safe and professional manner. Please let me know if you have any suggestions or questions which will enable me to be most effective for you.**
- 2. Each session, unless otherwise stated, will be 30 or 60 minutes and begins at our mutually scheduled appointment time. (TRX Adult Training Sessions are 55 Minutes)**
- 3. Appointment cancellations and/or changes must be given in writing a full twenty-four (24) hours in advance or there will be a session charge fee. I will also give you 24 hours notice if I must cancel.**
- 4. Per Session Rates which are to be paid at our appointment time and may be charged to your membership account.**
 - \$45.00-\$65.00/HH for 1 person**
 - \$65.00 - \$85.00/FH for 1 person**
 - \$45.00 - \$65.00/FH for small group training**

NON-MEMBERS: Your payment includes an additional \$10.00 per session and use of the fitness center, shower, steam, sauna, & locker room and facilities during your scheduled appointment time only.

5. Payment Options

A) I prefer to be billed on my Account _____

B) I prefer to pay per session at the front desk _____

Thank You for the opportunity to serve you.

I have read and understand these policies.

Client

Date

Trainer