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.

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.

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