



POLICY FORM

1. *FAST FITNESS* requires 24 hours advance notice for any change of appointments or cancellation. Any individual failing to show for a scheduled appointment or call in advance will forfeit a paid session. A maximum of 2 rescheduled appointments will be allowed. (Only 1 reschedule will be allowed for a cancellation made with less than 24 hours notice. This is necessary because we are unable to refill a valuable time slot with short notice.)

Rescheduling during the same week as the cancellation is preferred, but only if there are time slots available. Otherwise, the rescheduled appointment can be added on to the end of the session.
2. Individuals signed up for 6 week sessions must complete their program within 8 weeks of their first appointment. Individuals signed up for 9 week sessions must complete their program within 11 weeks. If the program exceeds the amount of time allowed, the remainder of the training sessions will be forfeited. Our full program is designed for completion in 6 or 9 weeks on a two-time per week basis to achieve the full physical and neurological benefits.
3. Participants should be in proper workout attire and perform the dynamic warm-up and stretching prior to their scheduled appointment time. Any individual that is more than 5 minutes late for a scheduled appointment will receive a modified training session. It is important that the trainers are able to begin on time so that participants may receive their full workout for the scheduled time. If an individual is more than 15 minutes late for an appointment, they will forfeit that session.
4. It is not our policy to offer cash refunds. If an individual is unable to complete the program for any reasons, the remainder of the individual's appointments will be held on account for a maximum of 75 days. These remaining appointments can be transferred to another individual.
5. If an injury occurs and an individual is unable to participate in physical activity due to an injury, the balance of their program will be maintained on account until the individual is able to return to physical activity.
6. Parents should feel free to check in on the progress of their son or daughter's training, but it is important that they do not interfere with the training session their child is involved in. Parents are encouraged to wait for their athletes in the Parent Waiting Area.
7. **NO CHILDREN ALLOWED.** Only individuals who are currently participating in an Acceleration Program are allowed to be in the training area.

I have reviewed the Policy Form, understand the conditions, and my questions have been answered.

Participant

Date

Legal guardian, if participant is under 18 years old

Date