sport&health MIND/BODY TRAINING AGREEMENT

Sport&Health offers Mind/Body training as a premium service. This service offers the advantage of undivided attention from the instructor of your choice. Your instructor will guide your exercise program and educate you on the most efficient exercises to perform in order to accomplish your goals safely and effectively. Additionally, your instructor will motivate you to work at intensities not reached alone, thus effectively maximizing your training benefits.

Sport&Health Mind/Body instuctors are educated in proper exercise techniques and progressions. Under no circumstances, however, are our instructors to recommend rehabilitative exercise or dispense medical advice. It is not Sport&Health's intention to circumvent any medically supervised exercise program.

MIND/BODY PAYMENT GUIDELINES

Client Information: (Please Print)

Signature

All Mind/Body sessions require payment in advance. Payments are handled at the front desk. Partial sessions due to tardiness will be counted as complete sessions regardless of start time.

- 1-3 Mind/Body sessions must be completed within 30 days from the date of purchase
- 4-11 Mind/Body sessions must be completed within 60 days from the date of purchase
- 12+ Mind/Body sessions must be completed within 90 days from the date of purchase
- Any sessions not completed by the expiration date are subject to forfeiture

I authorize Sport&Health to draft my credit card or bill my account for all Mind/Body session charges that are not paid in advance. Mind/Body sessions are non-refundable except if you become physically incapacitated and are unable to exercise. Such disability must be documented by the appropriate physician.

Name:	Membership #:		
Address:STREET	CITY	STATE	ZIP
Phone:	(home)		(work)
Scheduled Day/Times to Train:		Rate: Single \$	_ Series \$
Method of Payment: ■Cash ■Che	ck 🛮 Credit Card	Ok to k	bill my Acct Initial
NOTICE OF CANCELLATION A Mind/Body appointment may be cancelled at no charge with at least a 24-hour notice. Clients who miss or cancel an appointment with less than a 24-hour notice will be charged the full amount of the session. If the instructor is unable to conduct a session, the member will not be charged for that scheduled session. I understand the purpose of Mind/Body training and the associated risks. I have provided the instructor with a thorough medical history, completed a fitness profile, and I am physically able to engage in an exercise program. Further, I understand no rehabilitative or medical exercises may be recommended without my physician's clearance. I agree that Sport&Health and its employees are not liable for injuries sustained during or relating to mind/body sessions. Finally, I have read and understand all portions of this agreement.			
Printed Name		Date	

Mind/Body Instructor