



Policies and Billing Agreement

As our goal is a successful experience for those we work with and to provide all our clients with excellent service, the following policies are in place for us to efficiently do this. Please read all policies carefully.

1. **24-Hour Cancellation Policy:** Brock Fitness works on a scheduled appointment basis. Because your appointment time has been reserved especially for you, clients are required to give a minimum of 24 hours notice when cancelling an appointment, which at that time can be rescheduled at no charge. With a 24 hour notice, we are able to schedule someone in your place.

Sessions cancelled with less than a 24-hour notice will be charged full session rate.

2. **Package Pricing and Expirations:**

| # of Sessions | Rate | Package Expiration |
|---------------|------|---|
| Per Session | \$60 | n/a |
| 20 | \$35 | 8 Weeks <i>(After Date of Purchase)</i> |
| 16 | \$40 | 7 Weeks <i>(After Date of Purchase)</i> |
| 10 | \$45 | 6 Weeks <i>(After Date of Purchase)</i> |

To get maximum results, it is our recommendation that you train at least three days a week. If you need additional time to complete your package, please speak with your trainer. It is the client's responsibility to schedule their sessions. Please be sure to get your training sessions completed in the time allotted for these packages so you do not lose your sessions.

3. **Billing:** Brock Fitness bills its clients on a pre-pay basis. Payment will be due at the 1st session of the next series of training sessions. Discounts on session rates apply only to packages paid in full in advance.
4. **Scheduling Appointments:** Appointments will be scheduled on a first come first serve basis.

Brock Fitness reserves the right to change these policies at any time.

I, _____ have read the aforementioned and understand and accept these policies as they relate to personal fitness training procedures with Brock Fitness.

Signature of Client

Date