

Jenny Mae FITNESS

FITNESS & SPA CENTER

Personal Training: Why Hire a Personal Trainer?

Some want an individualized program so they can lose weight or get in shape while others simply need to be held accountable for their workouts and nutrition. Wherever you are on your exercise journey one of our trainers may be just what you need to finally reach your fitness and weight loss goals.

1. Faster and Better Results

- a. Having a personal trainer to guide you through your fitness routine will help make sure you are spending time on the proper types of exercise. If you only have a limited amount of time to work out, we will make sure you get the best results possible for the amount of time that you can put in.

2. Proper Fat Loss and Muscle Gain

- a. If you are like not people you have multiple goals when working out, fat loss and muscle gain. It can be challenging to find the right balance between the two and we can help you find the right exercises to achieve all your health and fitness goals

3. Reduce Risk of Injury

- a. A personal trainer will teach you proper form and technique to use during your workout so you can stay safe and injury-free.

4. Establishes a Lifetime Exercise Habit

- a. A personal trainer can help you find ways to make healthy living and exercise a priority in your life. A personal trainer will help you overcome obstacles that might prevent you from exercising and help you set many small achievable goals. When you hit a plateau in your exercise routine, it can be hard to push through it and stay motivated. A personal trainer can always help you work through it and see more results.

5. Personal Cheerleader & Motivator

- a. When you have a personal trainer, you have a friend that will cheer you on with no condemnation or judgment. Someone who will see the best in you and help you see the best in yourself. A personal trainer will motivate you to keep going no matter what and never quit!

Jenny Mae Fitness, LLC

Personal Training Cancellations & Rescheduling/ Policies and Procedures
Jenny Mae Fitness, LLC

- ☐ All Personal training sessions must be paid for in FULL at the beginning of each month to book for more than one day per week.
- ☐ If a trainer has to cancel a session, that session will ALWAYS be rescheduled.
- ☐ If the client has to cancel, the session must be rescheduled at the time of cancellation.
- ☐ Clients must cancel a session within 24hrs of that session to guarantee it is rescheduled
- ☐ If a session is not canceled within 24hrs the personal trainer is not required to reschedule.
- ☐ If a session is canceled before the trainer leaves their home there is no cancellation fee.
- ☐ If the trainer has left their home and is only traveling to the gym for your session and then the session is canceled, the client will be charged for that session. The session will be deducted from that month's package.
- ☐ Sessions that are not rescheduled by the client will not be carried over to the next month
- ☐ NO REFUNDS
- ☐ The only time sessions will be continued into another month would be in a case of sickness or injury in which the client is unable to attend sessions for an extended period of time.
- ☐ If the client is running late and there is no communication between the trainer/client trainers are only required to stay 10 minutes after a session should have started.
- ☐ Sessions start on the exact time the session was booked in 30, 45, 60 minute time slots. If the client is late the trainer is only required to train the remaining minutes of that session
- ☐ All personal training clients must pay for a gym membership before they can participate with any trainer. \$48 Cash|| \$25 Recurring

Signature_____ Date_____