

RUSH FITNESS POLICIES

1. In addition to this form, Client will be required to sign and return the following forms to RUSH Fitness prior to receiving a Fitness Consultation, Training Program Design, or beginning any Personal Training program:

- RUSH Fitness Subscription Plan Contract
- Release of Liability
- Waiver, Release, and Assumption of Risk Form
- Waiver, Release, and Assumption of Risk (Home Workouts), if applicable
- Physical Activity Readiness Questionnaire (PAR-Q)
- Health History Questionnaire

2. If you have any of the following physical conditions, you may be required to have a Medical Clearance and Physician's Consent Form:

- Hypertension (>145/95 mm Hg)
- Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
- Diabetes
- Family history of heart disease prior to age 60
- Smoking
- Abnormal resting EKG
- Any other condition that RUSH Fitness in its sole discretion may deem to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.

3. Unless other arrangements are made, Personal Training sessions, and Program Design explanations (these services herein individually and collectively referred to as "sessions") last approximately sixty minutes. In order to provide the best service to all Clients, RUSH Fitness cannot commit to extending any particular session beyond its previously scheduled time. In those cases where schedules do permit, Clients may request to extend sessions beyond sixty minutes at the current hourly session rate.

4. RUSH Fitness uses a subscription plan. Each subscription plan will range from 8-36 sessions. All subscription plans are based on a minimum of one hour of training per week. Subscription Plans will be automatically renewed using the credit card on file or direct debit from your bank account at regular intervals - every month if you choose an eight week subscription plan and train twice per week; or every other month if you choose an eight week session package and train once per week. Unused training sessions that are not rescheduled within your plan window will be forfeited.

5. Subscription Plan prices for RUSH Fitness services are subject to change. Services prepaid for by Client, which are unused at the time of any rate change, will be honored at the price already paid.

6. Time slots are available on a "first-come, first-served" basis by appointment. Sessions, whether purchased a la carte or as part of a package, must be paid for when the appointment is booked. Client may schedule sessions in advance if their credit card information or bank information is on file.

7. In order to provide the best possible service to all Clients, RUSH Fitness asks that all Clients be ready to begin their session at the scheduled time. Time lost at the beginning of a session due to a Client's tardiness cannot be made up at the end of the session as that could potentially impact the next scheduled Client. Unless prior arrangements have been made, a Client will be deemed a "noshow" when they are ten minutes late for an appointment. No shows are not eligible for rescheduling within the subscription plan window.

8. All sessions must be used within a subscription window. If client is sick or unable to make a scheduled appointment, they must notify RUSH Fitness with 24 hour notice and reschedule their training session within their subscription window. If they do not reschedule their training session they forfeit this session. If the Client is seriously ill or injured and unable to complete their sessions within the subscription window, a doctor's note is required to freeze their membership. If RUSH Fitness needs to cancel a scheduled session, Client will receive credit for such session. _____ Client's Initials.

9. Payment for Subscription Plan is due at the time the appointment for a session is booked. RUSH Fitness currently accepts credit cards, bank transfers and cash. Client must provide RUSH Fitness with a credit card or bank information as each subscription package is automatically renewed.

10. Clients are required to observe any and all rules of the gym or facility where workouts take place, if applicable.

11. Shirts and shoes are required at all times during sessions. Client should also have water available as necessary during the workout.

12. Clients have the right to terminate a particular exercise or workout at any time. You are in control of your workouts! If an exercise is uncomfortable or painful, or if you want to stop for any reason, you may do so. If a particular exercise is painful for you to do or you have an injury or other limitation that makes it difficult for you to do, RUSH Fitness can attempt to substitute another exercise to work that particular muscle group.

13. You will get from your workouts what you put in. Results will vary by individual and RUSH Fitness cannot guarantee specific results. Client acknowledges that Client is responsible for their decisions regarding whether or not to exercise consistently, eat properly, rest enough, and live a healthy lifestyle.

14. RUSH Fitness respects your privacy. Due to the nature of our services, it is necessary to collect certain personal information from Clients. All information collected is treated as STRICTLY CONFIDENTIAL, and RUSH Fitness will not share or redistribute your information with any third party except as necessary to provide services purchased by the Client, or as required by law. Any information gathered from a Client is simply for our records and, if applicable, necessary to provide the services to the Client for which we have been contracted.

15. All Terms and Conditions are subject to change.

Client's Signature

Date

Please print name

Parent or legal guardian (if participant is under age eighteen)

Date