

WELCOME!

Welcome to the Movement Revolution Team! We are excited and eager to start working with you toward a healthy and strong tomorrow!

POLICIES AND PROCEDURES

To ensure that your experience is rewarding, we ask you to read this form in its entirety, so that any questions or concerns may be addressed prior to beginning your sessions.

1. Please note that a comprehensive fitness assessment, which includes our initial consultation, movement screening, strength, flexibility, mobility, and cardiovascular tests, is required for all programs including: 1:1 training, semi-private training, and group classes.
2. All 1:1 and Semi-Private training programs are 60-minutes long.
3. All services must be cancelled at least **12-hours** prior to your scheduled session or your account will be debited for the full service amount.
4. All payments are to be made by check, or credit card only. No member of the Movement Revolution staff is to accept cash as a payment method. All checks can be made out to: Movement Revolution.
5. In order to keep your training environment clean and safe, we request that you bring your training shoes in separate from street shoes on those wet days of the year.
6. Please be prepared and arrive to your sessions at least 5 minutes early to ensure that we can start on-time. We value your time and each minute we spend with you is carefully designed to help you reach your goals. Sessions will not be taken over the scheduled hour timeframe and missed time cannot be made up.
7. If you're dropped off by a family member or caregiver, we request that the family member or caregiver be present until the start of the session and hand off to your Exercise Specialist. We also request that you do the same when picking them up.
8. If personal assistance is needed for personal care or to ensure your safety, your family member or caregiver must be actively participating in the class with the client at all times.
9. HAVE FUN. Welcome to the team, let's get to work!

I have read and understand the policies and procedures above.

Initials: _____