



THE ALASKA CLUB

Personal Training Site _____

3-Pack

Client/Guardian Information (Person responsible for financial obligation)

Client/Guardian Name _____ Member Number _____

Address _____ City _____ Zip Code _____

Home Phone _____ Business Phone _____ Ext _____

Email Address _____

Personal Training Package

Training Client Name _____ Member Number _____

Number of Sessions **3** POS Code **PT150** Package Cost **\$99.00**

Policies for Personal Training

- I understand that Personal Training Packages will expire as follows:

3 Sessions 21 days **Member Initials** _____

- Rescheduling of any session requires a minimum of 24-hour direct notice to the Trainer to avoid being charged a "No Show" session.
- Interruption of service requires a written request submitted to the Trainer stating the reason for interruption and the anticipated continuation date.
- Client agrees to arrive promptly for the scheduled sessions and agrees to shorten the session if tardy.
- Clients will not distribute any of the written material provided by the Trainer to other individuals without written permission from the Trainer.
- In the event your personal trainer is not available, The Alaska Club reserves the right to re-assign client to new trainer.

I understand the policies for Personal Training. Member Initials _____

Guarantee of Services

- The Alaska Club urges all participants to obtain a medical clearance from their physician prior to beginning any exercise program.
- Any trainer may insist upon medical clearance before any training occurs.
- All client information and discussions will be held in absolute confidence between the trainer and the client.

Member Signature _____ Date _____

The Alaska Club representative Signature _____ Date _____

The Alaska Club representative Name (please print) _____