

## HOLIDAY STUDIOS POLICIES

1. In addition to this form, Client will be required to sign and return the following forms to Holiday Studios prior to receiving a Fitness Consultation, Training Program Design, or beginning any Personal Training program:
  - a. Waiver, Release, and Assumption of Risk Form
  - b. Waiver, Release, and Assumption of Risk (Home Workouts), if applicable
  - c. Physical Activity Readiness Questionnaire (PAR-Q)
  - d. Health History Questionnaire

**Initials:** \_\_\_\_\_

2. If you have any of the following physical conditions, you may be required to have a Medical Clearance and Physician's Consent Form:
  - a. Hypertension (>145/95 mm Hg)
  - b. Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
  - c. Diabetes
  - d. Family history of heart disease prior to age 60
  - e. Smoking
  - f. Abnormal resting EKG
  - g. Any other condition that Holiday Studios in its sole discretion may deem to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.

**Initials:** \_\_\_\_\_

3. Holiday Studios follows the guidelines from the CDC in the management of COVID-19. This includes but is not limited to the use of face-masks and vaccinations when it is recommended by the CDC. Unforeseen issues with COVID-19 and the management of it in the studio is at the discretion of Colleen Holiday.

**Initials:** \_\_\_\_\_

4. Personal Training Sessions, and Program Design explanations (these services herein individually and collectively referred to as "Sessions")
5. Rates for Holiday Studios 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 only. Typically, the studio does not open before 7:00 am and is closed on Sunday.
7. Sessions last approximately SIXTY minutes. We are unable to extend Sessions from the scheduled end-time.
8. We aim to book each client with a package per month (ie 1 per week, 2 per week, and so on) so that you can maintain a recurring timeslot. Individual Sessions become difficult to schedule and could result in waiting weeks to get on the calendar.
9. Strict adherence to policies is integral to the specialized service we provide. Holiday Studios requires all Clients be ready to begin their Session at the scheduled time. Refunds or credits are not provided for time lost due to tardiness.
10. **Cancellations made within less than 24 hours** of your scheduled appointment will not be rescheduled, refunded or credited. It is imperative to keep your appointment or you will lose the Session. Because we are a small business, each hour counts. Your cancelled time slot is not able to be filled by another client on short notice.

11. Clients are required to observe all rules of the gym or facility where workouts take place.
12. Shirts and shoes are required at-all times during Sessions. Client should also have water available as necessary during the workout.
13. You will get from your Program what you put into it. Results will vary for each individual client and Colleen Holiday cannot guarantee specific results. Each Client is responsible for their decisions in adhering to the suggested consistency of exercise, suggested nutrition plan and lifestyle changes such as getting enough rest, alcohol consumption and other tactics that promote a healthier lifestyle. If you choose to not follow the suggested program it is likely to show in your results.

**Initials:**\_\_\_\_\_

14. Clients can terminate a particular exercise or workout at any time. If an exercise is uncomfortable or painful, speak up and your trainer will make a change. If you have or have had an injury or other limitation, it is imperative to let your trainer know. Modifications or restrictions from certain exercises can be planned for you.
15. Friends, children or spouses are not permitted to observe or take part in your Session.
16. Holiday Studios accepts **cash, checks, and PayPal prior to scheduling**. Checks can be made payable to **Holiday Studios, LLC**.
17. Sessions are paid in advance of Sessions taking place and are non-refundable and non-transferrable.
18. Holiday Studios has the right to terminate a Client at any time. Professional behavior is required at all times. Client accepts that there is no refund for behavior that is inappropriate, unacceptable or uncomfortable.

**Initials:**\_\_\_\_\_

19. Holiday Studios respects your privacy. Due to the nature of our services, it is necessary to collect certain personal medical information from Clients. All information collected is treated as STRICTLY CONFIDENTIAL, and Holiday Studios 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.
20. Most communication is done with your trainer via text and in-person. Do not expect a return message after 8 pm on weekdays and no calls will be returned on weekends, holidays or vacations. Please be respectful as we strive to maintain a work/life balance. Call or text during our work hours 7 – 5 Monday through Friday.
21. Any refunds, credits or gift certificates are cancelled after 30 days.

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Client's Signature

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Client's Signature

Date

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Please print name

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

Date