

SR FITNESS[®] Client Profile and Waiver Form

Name:	Date of Birth:	Email:
Age:	Phone:	Goals:
How many days are you exercising a week:		
If not, when was the last time exercising:		
Types of exercise you have been doing:		
Are you under the care of a health care professional such as chiropractor, osteopath etc. and if so for what reasons:		
How often:		
Please describe any past or current musculoskeletal conditions you have incurred such as muscle pulls, sprains, fractures, surgery, back pain, or general discomfort:		
Head/Neck		
Upper Back		
Shoulder/Clavicle		
Arm/Elbow		
Wrist/Hand		
Lower Back		
Hip/Pelvis		
Thigh/Knee		
Lower Leg/Ankle/Foot		
Does this affect your training and if so how? i.e.: Have trouble with squats		
Do you have a family history of any of the following conditions?		
Heart Disease	<input type="checkbox"/>	
Heart Attack	<input type="checkbox"/>	
Hypertension	<input type="checkbox"/>	
Asthma	<input type="checkbox"/>	
High Cholesterol	<input type="checkbox"/>	
Angina	<input type="checkbox"/>	
Diabetes	<input type="checkbox"/>	
Other heart conditions	<input type="checkbox"/>	

SR FITNESS[©]

Does this affect your training and if so how? i.e. Shortness of breath	
Have you recently experienced any chest pain associated with either exercise or stress? If so, please explain	
Are you taking any medications? What for?	
Smoker:	
Pregnant or recently gave birth:	
Doctor's clearance to exercise:	
Additional information:	

SESSION PAYMENT

Payment is to be made one week in advance for PT session(s) - one on one PT & group PT and classes. Payment is made through the following direct debit company: Pay Advantage.

2 weeks' notice must be given to cancel your membership and/or to put it on hold. A \$5 on hold fee applies per week. Account can be put on hold for a maximum of 6 weeks unless otherwise noted. No account signup fee and no account closing fee.

CANCELLATION POLICY

24-hour cancellation policy applies. Cancelling within 24 hours of scheduled session time results in full session payment. Failing to show for your session results in full session payment. If you become ill in this time and have a doctor's certificate your session can be rescheduled. Cancelling 24 hours prior to your booked session will result in no charge and we will reschedule an appropriate training time. This applies to one on one PT, group PT and classes. If trainer cancels due to illness, your session will be made up for when suitable. Change of session day/time must be made at least 48 hours in advance to your already booked session. This is not guaranteed to be changed and cannot be made within the 24-hour period of currently booked session time as this will result in full session charge.

SR FITNESS® Email: srfitness@outlook.com

OTHER INFORMATION

- ❖ Payment lock-ins apply for challenges. Payment will continue after this time until notified to hold or cancel account.
- ❖ Session purchases, gift vouchers and payments made for sessions have an 8-week expiry from purchase date
- ❖ Client information sheet must be filled in prior to participating in sessions.
- ❖ Open gym time (if applicable): You must book in, trainer will be in the gym to assist if needed.
- ❖ You are responsible for your child/children. Children must be in the kid's area (if applicable) and are not to use gym floor equipment unless being used in the kid's class and are not to be on the gym floor during classes. If your child has any health issues I must be notified prior to participation in the kid's class.
- ❖ No refunds or transfers on any sessions.
- ❖ Prices may increase over time.
- ❖ By signing this form, you give permission for photos and videos to be taken during sessions and they can be uploaded and used for advertisement i.e.: Facebook.
- ❖ Memberships cannot be used by anyone else.

SPECIFIC INFORMATION

Direct debit:

- ❖ Unlimited and 2-3 sessions a week are deposited a week in advance
- ❖ You have the week (7-day period) to complete your sessions. For example: If you only complete one session for that week, you cannot catch up or have them roll over to the following week.
- ❖ All direct debits except unlimited must sign the attendance sheet at the start of the session.
- ❖ Cannot share direct debit with others.
- ❖ Must let trainer know 2 weeks in advance if your account needs to be put on hold. For example: If you go on holidays it must be organised prior to leaving.
- ❖ Account hold incurs a \$5 fee per week.
- ❖ No refunds or transfers
- ❖ There is no account opening fee and no account closing fee.
- ❖ 2 weeks' notice has to be given to close your account.

Additional class information

- ❖ Book in is required
- ❖ Cancellations must be made 3 hours prior to the session. If you cancel or do not book in or do not attend a class/classes for that week, no catch ups can be made, or payments held or back paid

PERSONAL TRAINING/GROUP TRAINING/CLASSES

Personal training session(s), both individual and group sessions and classes that are indoors and outdoors, I _____ understand and agree that Sarah Reynolds is not liable at all for any form of injury/illness/hazard/harm resulting in participation of exercise during and/or after the session(s). I am in acceptable health to participate in the exercises/activities given in the session. I have informed my trainer of any health problems and supplied the trainer with my doctor's clearance, so I can participate in exercise if necessary. I take full responsibility and accountability for my participation and under no circumstance is Sarah Reynolds liable at all for anything.

No refunds or transfers. Session packs have an 8-week expiry from purchase date. I have read, understood, accept, and agree with the all the above.

If under 18, parent/guardian to sign.

SIGNATURE:	SIGNATURE: (guardian)	DATE:
------------	--------------------------	-------

DON'T LET A BAD DAY RUIN YOUR WORKOUT, LET IT FUEL IT