

**Cancellation Policy**

We understand that unforeseen circumstances may arise that require you to cancel or reschedule your personal training sessions. To ensure the smooth operation of our services and to respect the time of both our clients and trainers, we have implemented the following cancellation policy:

Monthly Personal Training Services:

Monthly personal training services are billed monthly.

Clients may cancel their monthly personal training services at any time with advance notice of at least 7 days before the next billing cycle to avoid being charged for the following month.

No refunds will be issued for partial months.

In-Person Client Sessions:

If a client needs to cancel or reschedule an in-person training session, they must provide at least 24 hours' notice to avoid any charges.

If a cancellation is made with less than 24 hours' notice, the session will be charged the full session fee.

In cases where a session is canceled with less than 24 hours' notice, efforts will be made to reschedule the session at a mutually convenient time, subject to trainer availability.

If a client fails to show up for a scheduled in-person training session without prior notice (a "no-show"), the session will be charged the full session fee.

Online Personal Training Sessions and Workout Plans:

Clients are encouraged to provide notice of any changes or cancellations to online personal training sessions or workout plans as soon as possible.

Changes or cancellations made less than 24 hours before the scheduled session or start of the workout plan will not result in any refund or credit.

Communication:

Clients are responsible for communicating any changes or cancellations directly to their assigned trainer or to our administrative staff via phone or email.

By engaging in our personal training services, you acknowledge and agree to abide by the terms of this cancellation policy. We appreciate your cooperation and understanding.