**Makeyourbody** Form3/21/17 2218 West Belmont Avenue, Chicago, Illinois 60618

312-206-5176

**POLICIES AND PROCEDURES AND WAIVER FOR PERSONAL CLASSES & TRAINING SERVICES**

This agreement **dated this \_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_ 201\_,** between the **MAKEYOURBODY** instructor and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_hereinafter referred to as the “client” as legal representative of self, contains the entire agreement of the parties. Any covenants not contained in this agreement or not reduced to writing as an amendment to this contract are void.

1) All payments are due 24 hours **prior** to all session(s). All Bounced or NSF checks will be assessed a $50 fee.

2) **A 24 hour cancellation notice must be given (312-206-5176) for a session, or the session is forfeited.**

3) Sessions begin when scheduled and end when scheduled. There is no extended arrival” time”. If you are more than 15 minutes late and don’t call to advise, your session may be forfeited.

4) Unused sessions expire 6 months from the date of purchase. There are no refunds.

5) Client gives consent to MakeYourBody to use and post photos from events or classes.

6) Clients MUST inform/advise the trainer of any medical conditions, ailments, doctor prescribed medicine or over the counter drugs or concerns you may have about yourself or minor child, as well as any changes regarding all physical or nutritional states on the ‘Notation’ line below.

7) Clients attending the MAKEYOURBODY studio will act in a responsible and respectful manner towards the instructors and other persons in the studio.

8) Anyone in violation of the above policies may lose studio privileges and future paid classes/sessions.

9) Results vary and depend upon the client’s adherence to the recommendations of the trainer. Client acknowledges that not following the directives of the trainer for exercise and nutrition will negatively affect results, and agrees to hold trainer harmless.

10) Instructors will provide information and advice that may consist of nutritional guidance, use of weights and or weight machines or other fitness equipment. The client acknowledges that instructors, are not nutritionist, dietician, physicians or medical professionals. Further the client acknowledges that there are various opinions in the fitness field about the effectiveness of any particular fitness program or nutritional information.

**GENERAL DISCLAIMER/EXCULPATORY CLAUSE**- The client acknowledge that he/she, acting on behalf of self, has been advised to obtain a physical examination from his/her physician prior to the use of any exercise equipment or participating in any exercise class. In recognition of the possible dangers connected with any physical activity, the client knowingly and voluntarily waives their right or cause of action of any kind whatsoever arising as a result of such activity from which any liability could accrue to MAKEYOURBODY and further knowingly and voluntarily agrees to hold MAKEYOURBODY, its agents or employees harmless for any losses incurred on account of any injury to person, or property sustained as a result of the acts or omissions including negligent acts or admissions, of agents or employees in the performance of this contract. If at any time the client is uncomfortable performing any movement, exercise or instructions he/she has been informed they do not have to perform such movement, exercise or instruction. In such case, they will immediately inform the trainer of their concern. Also if a client has any food allergies, they are to take responsibility for such when given nutritional guidance, and they do not need to intake food that may cause them harm.

**Notation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ACCEPTED**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Client Date MAKEYOURBODY Representative Date**

**MAKEYOURBODY**

**2218 West Belmont**

**Chicago, IL 60618**

**312-206-5176**

**MAKEYOURBODY’s Cancellation Policy Acknowledgement**

We request that you kindly pay 24 hours in advance to reserve a time, and to give at least a 24 hour notice, via text, (312-206-5176) for a cancellation or for rescheduling a private or semi-private sessions.

Cancellations of less than 24 hours or not showing up for a scheduled session will result in a cancellation charge of the full price of the session.

Sessions begin when scheduled, and end when scheduled. There is no extended “arrival time”.

If you are more than 15 minutes late and don’t call to advise such, your session may be forfeited.

Please understand that MAKEYOURBODY is privately owned, and funded by private parties that expect the above policies and standard business practices adhered to. We appreciate and count on our clients for our livelihood. Thank you for your support!

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*Signature of Client Printed Name of Client*

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*Date MAKEYOURBODY Representative*

Form3/21/17