



**Personal Training Information and Policies** (Initial and Sign):

**Payment** – All sessions must be purchased in advance of meeting with your trainer. All clients must check in at the Customer Service Desk prior to the Personal Training / Private Swimming Session. **Initials:**

\_\_\_\_\_

**Refunds and Credits** – Chicago Athletic Clubs does not offer refunds or credits, and personal training sessions are nontransferable. **Initials:** \_\_\_\_\_

**Tardiness** – In the event a client arrives late, that time is deducted from the session time. When a client is more than 15 minutes tardy the trainer has the right to cancel the session and the client will be charged for the full session. If a trainer arrives late that time will be added to a future session. **Initials:**

\_\_\_\_\_

**Cancellations** – In order to cancel or reschedule an appointment, you must contact your trainer at least 24 hours in advance of the scheduled appointment or you will be charged for that session. If a trainer does not contact you at least 24 hours in advance to cancel or reschedule an appointment, you will receive a complimentary session. **Initials:** \_\_\_\_\_

**Expiration** – All Chicago Athletic Club personal training sessions and/or packages have an expiration date:

Promotional sessions have an expiration date of 30 days from the purchase date.

Regular priced packages must be used within 12 months of purchase date.

After the expiration date, any remaining sessions will be invalid. The trainer will confirm the expiration dates during your first session. **Initials:** \_\_\_\_\_

**Digital Scans** – I consent to the scanning of this form which will be uploaded to my CAC account/records. **Initials:** \_\_\_\_\_

**Release of all claims- I, As a member of the Chicago Athletic Clubs, understand and specifically assume all risks and responsibility for any injuries, damages, or losses which may result from or arise out of my use of any equipment, facilities or activities at Chicago Athletic Clubs, even if caused by the negligence of Chicago Athletic Clubs, and fully and forever release and discharge Chicago Athletic Clubs, it's owners, agents, and staff from any and all claims, demands and / or damages resulting from or arising out of my use of club facilities, equipment or activities at Chicago Athletic Clubs. Initials:**

\_\_\_\_\_

**Member Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

