



TJ FIT POLICIES

New Payment Policy

1. Payment must be received prior to any appointments with a Personal Trainer. Sessions that are purchased in advance will be then scheduled according to amount of sessions purchased IE: if a package of 10 sessions is purchased, client will be booked in with appropriate appointments. Once sessions have all been redeemed, more sessions must be purchased in advance.
2. Cancellation Policy- 24 hours notice must be given when canceling a personal training session. If appropriate notice is not given, i.e. a cancelled appointment is not called in or insufficient time is given then the client will be charged for cost of session. When canceling an appointment please call 860-1439 or contact us by email. tracy@tjfit.com or donna@tjfit.com
3. All personal Training sessions are 1 hour in duration. If client is late for an appointment then only remaining time left will be utilized for session.
4. For all sessions please bring your personal fitness program with you. Dress appropriate for a workout i.e.: running shoes, shorts or exercise pants along with a comfortable t-shirt. We would also recommend a towel and water bottle. A heart rate monitor would also be an item that would benefit your workout.
5. IF TJ Fit needs to cancel your appointment do to illness or other reasons, all efforts will be made to give you as much notice as possible.
6. TJ Fit offers different services that we hope will suit your needs. Please look at our services page on the website to see if something else may interest you. A group class may work better for your schedule or budget. Have a look and see for yourself.
7. Personal Trainer sessions that have been purchased in advance and are not used will expire after 1 year from date of purchase.