

Welcome to Personal Training Services with University Recreation & Wellness. We have knowledgeable, trained staff that will assess your fitness level and design an exercise program that will meet your personal needs and goals. All personal training staff and nutrition coaches are students at the University of Maryland.

**To get the most from your session(s), please observe the following:**

1. Physician Clearance Form is required for men over 45 years of age and women over 55 years of age OR for anyone with a pre-existing medical condition prior to training.
2. Within 5 business days, your trainer/coach will contact you directly to schedule your fitness assessment, Bod Pod and/or training session(s).
3. To cancel a training or coaching session, you must contact your trainer/coach directly with 24 hours advance notice. Sessions cancelled with less than 24 hours notice will be counted as a used session.
4. Unused sessions will expire after five months from your purchase date.
5. Please wear exercise clothing to all personal training sessions and assessments. Appropriate clothing includes athletic shoes, exercise pants, shorts, and t-shirts.
6. Arrive on time to your scheduled appointment. Trainers/ coaches will wait 15 minutes for late arrivals. After 15 minutes, the session will be counted as a "no show" and will be deducted from your remaining sessions. If one member of a group training session is more than 15 minutes late, they may join the session already in progress. If one or both member(s) of a group training session fail(s) to attend a session, it will be deducted from the remaining sessions.
7. In the event that your trainer/ coach graduates or is unable to complete your package, RecWell reserves the right to reassign you to another trainer/ coach. This will **not** warrant a refund.

I understand and agree to the above of the terms and conditions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_