



Program Policies

1. Class Fees and Payments

Exercise class fees are payable by credit card, cash, or check made payable to "**Total Human Performance LLC**". The class fee is for a 4 week session (12 classes), not per class. There is also a drop-in/pay-as-you-go rate, if space is available (please call ahead), which is due before each class. Please consider these options if you are planning to be away for an extended time.

2. Registration Forms

Prior to participating in your first class you are required to fill out the Informed Consent, Waiver and Release of Liability, and PAR-Q. You may also be asked to have a Medical Release form signed by your physician. Please arrive about 10 minutes before your first class in order to fill out paperwork.

3. Non-Sufficient Funds (NSF)

NSF on paper checks will be charged a \$25.00 NSF fee which must be paid to the instructor along with the class fee in cash prior to participating.

4. Refunds

Refer to "Buyers Rights" and "Right to Cancel" sections on registration form. In addition, refunds for classes are available if session is cancelled due to low enrollment. **There are no refunds for classes that you miss unless per the Buyers Rights and Right to Cancel sections on the Registration form.**

5. Rescheduling and Inclement Weather

Total Human Performance LLC will either provide a qualified substitute or reschedule class in the same session if the instructor is unable to coach. Classes may be cancelled due to inclement weather and class participants will be notified by email, Website calendar, or text messaging as soon as possible if a class must be cancelled. Every effort will be made to reschedule the cancelled class and the rescheduled class may not be on the same day of the week as normal class time.

6. Attendance

You must attend at the class time that you selected on the registration form. With prior approval, you can attend at a different time if there is space available. Please call ahead.

Classes will start promptly so be sure to arrive about 10 minutes early to make sure you have water, exercise shoes, etc. Late arrivals may not be admitted after the warm up.

7. Class Limits

Small group exercise class sizes are limited to a maximum of 5 people.

8. What to Bring

Bring water, a towel, exercise/yoga mat, workout shoes, and a good attitude and enthusiasm!

9. I have read and understand these policies

Client Signature: _____ Date: _____