

CORE CONNECTION FITNESS

Contract and Program Rules:

- A Par-Q and proper medical/exercise waivers must be completed prior to starting this program
- A contract must be completed in order to participate in this program
- 12 Hour notice is required to cancel an appointment. Failure to give proper notification will result in the loss of one session.

Getting Started With A Trainer

1. Contact Cathy Lipski or Steve Page to discuss your needs
2. Complete the required paperwork in this packet
3. Schedule training dates
4. 12 hour notice is required to cancel a scheduled training. Failure to give proper Notification may result in the loss of one session

Trainer/Client Information

Name: _____ Date: _____

Phone Number _____ or _____

Number of Sessions Purchased: _____ Total Cost: _____

Receipt # _____ Date: _____

Training Times and Dates:

Trainer Signature: _____

Clients Signature _____

All medical forms must be completed before training

For office use only

Date _____

Trainer _____

Follow up Dates:

1 _____

2 _____

3 _____