



## Cancellation for Personal Training Clients

**Purpose:** Lion's Den Nutrition and Training (LDN&T) understands that personal emergencies may interfere with clients being able to keep an appointment time for a scheduled personal training session. In consideration of these unforeseen circumstances, this cancellation policy has been developed to create fairness to both client and trainer.

**Policy:** LDN&T personal training staff requires a 12-hour notice to cancel any scheduled training session. Cancellation must be acknowledged by the trainer. Clients will receive one free short-notice cancellation (short notice is less than 12 hours prior) without being charged a cancellation fee in a 6-month period.

If you do not appear for a scheduled appointment or fail to give 12 hours' notice, you will be charged for the full session. You must receive confirmation of cancellation from the trainer. Clients who do not initiate contact for a cancellation are not eligible for the free cancellation.

**Procedure:** Phone, text, or email confirmations will be accepted and should be responded to within two hours of receipt by the personal trainer.

**Christina:** text or call: 214.517.0631

**email:** [christina.valderas2@gmail.com](mailto:christina.valderas2@gmail.com)

**Andy:** text or call: 214.517.0630

Please arrive on time. Training sessions will end at the pre-arranged time-slot regardless of starting time. Training sessions may not be able to be extended if the client arrives late as the trainer may have other sessions immediately following your session.

By signing below I understand and agree to the terms of the cancellation policy and procedures described above.

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Trainer

\_\_\_\_\_  
Date