



## **General Information on Personal Trainer Appointments**

### **Setting appointment:**

If you determine it is time for you to set up an appointment to meet with a personal trainer, please contact Ty Joyce at (636) 474-8122. Ty will contact the personal trainer, and set an appointment for a date and time that fits your needs. At that time, she will call to confirm your appointment; payment is expected when confirmation is made.

### **Before your appointment:**

In the time leading up to your first appointment, it will be your responsibility to obtain and fill out the Medical History Form and the Informed Consent for Exercise Participation. You can obtain these forms at the front desk at the Renaud Spirit Center. It is best that you fill out this paper work prior to your appointment so valuable time is not wasted during your appointment.

### **During your appointment:**

When you arrive for your appointment, simply stop by the front desk and let them know you are here for your appointment with a personal trainer. You should come comfortably dressed, in athletic attire and ready for physical activity. Your trainer will discuss your fitness goals, go over a baseline, establish body composition and do a machine demo provided time allows.

### **Setting future appointments:**

If you have pre-paid for additional appointments, your trainer will schedule any remaining appointments at the conclusion of your first meeting. Only your first appointment is 1.5 hours. Any additional appointments are 1 hour.

### **Cancellations:**

All appointments must be cancelled by 5:00pm on the evening BEFORE the scheduled appointment. If an appointment is cancelled by the designated time, the client will be able to reschedule without any additional charge. If the appointment is cancelled after the designated time, appointments will not be rescheduled. Refunds will not be issues for missed appointments. Emergency situations will be at the discretion of the Facility Manager.