



KrisFit Personal Training – Terms and Conditions

- Sessions are 50-55 minutes in length (additional guidelines for pre-workout and post-workout exercises and stretches can be provided).
- Sessions take place at The Riverside Club in NW Calgary.
- No Membership or Drop-In Fee is required for your sessions that are booked with your trainer; you are welcome to use the club prior to your scheduled workout and also, after your scheduled workout.
- If you wish to use the club outside of your training session times, a Membership or drop-in fee is required to access the club.
- Sessions are subject to a 24-hour cancellation policy.
- Clients are provided with 20 minutes “grace” period, meaning, if no notice is provided that you will be late, your trainer will wait 20 minutes for you to arrive. After such time, the session will be forfeited.
- Training sessions are non-refundable, but, may be transferred to another person should you wish to discontinue the training sessions.
- Your trainer will try his best to finish and start sessions on time, but, will provide notice in the unfortunate event that he is going to be 5 or more minutes late for a training session.