



## SHAPE UP POLICIES, TERMS AND CONDITIONS

1. In addition to this form, you will be required to sign and return the following forms to SHAPE UP prior to commencing your fitness program.
  - a. Waiver, Release, and Assumption of Risk
  - b. Physical Activity Readiness Questionnaire (PAR-Q)
  - c. Health History Questionnaire
2. In order to provide the best possible service to all Clients, SHAPE UP asks that all Clients be ready to begin their session at the scheduled time.
3. Clients are required to observe any and all rules of the gym or facility where workouts take place.
4. Clients expected to wear clean, in-door shoes, where applicable.
5. Clients have the right to terminate a particular exercise or workout at any time. If a particular exercise is painful for you to do or you have an injury or other limitation that makes it difficult for you to do, SHAPE UP can attempt to substitute another exercise to work that particular muscle group.
6. **Regarding cancellations / no shows: -**
  - i. **For One to One Personal Training Sessions:** All cancellations must be made with a minimum of 24 hours advance notice in order to receive credit for the session. Cancellations must be made by calling / texting 613 878 0937 to be deemed effective
  - ii. **Small Group Training Sessions:** No credit will be given for missing a session, however, where possible, you will be offered an alternative class / Boot Camp session.
  - iii. **Yoga / Boot Camp:** If you miss a class you will be foregoing that session.If SHAPE UP needs to cancel a scheduled session, Client will receive a rain check date for these sessions. With the exception of Boot Camp cancellations, which will only occur in the case of inclement weather, and those sessions will sadly be lost (excluding pay as you go).
7. SHAPE UP respects your privacy. Due to the nature of our services, it may be necessary to collect certain personal information from Clients. All information collected is treated as STRICTLY CONFIDENTIAL, and SHAPE UP will not share or redistribute your information with any third party except as necessary to provide services purchased by the Client, or as required by law. Any information gathered from a Client is simply for our records and, if applicable, necessary to provide the services to the Client for which we have been contracted.
8. Pictures taken during our classes may be used on Social media. Please feel free to voice your objection if you do not wish to be included in any of these pictures and accommodations will happily be made.
9. All Terms and Conditions are subject to change. The most current version of these Terms, Conditions, and Policies will be posted on [www.shape-up.ca](http://www.shape-up.ca)

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Client's Signature

Date

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Please print name

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Parent or legal guardian (if participant is under age eighteen)

Date