

## Gator Fitness and Training Policies and Recommendations

### A. Policies

**1. Cancellation Policy for Personal Training-** Clients are required to give 24 hour notice in the event of a cancellation. Failure to give 24 hour notice, client will be billed for use of trainer's time. We understand that emergencies come up and we will take these into consideration.

**2. Sign up & Cancellation Policy for Group Classes-** Client is required to sign up at least 2 hours in advance for group classes and by 10pm for 6am classes. If you are unable to sign up online via MindBodyOnline, you must call, text, or e-mail to inform us that you are coming. Failure to do this on time may result in the following: 1) the client not informed that the group class may have been cancelled and 2) the client is also NOT guaranteed a spot in the class. To cancel a class, you must provide notice via cancelling MindBodyOnline, calling, or sending a text or e-mail before scheduled class time. Failure to do this without a 2 hour notice will result in loss of that session; clients with an 'Unlimited' membership will lose one day off of their expiration date.

**3. Training Package Expiration dates-** Be aware that your training package has an expiration date.

Month to month and EFT, 8 and 12 sessions - expire after 31 days; any sessions not used within the 31 days are lost.

Month to month and EFT, unlimited sessions - good for one month; Example: client owes on the 1<sup>st</sup> of every month.

All pre-paid packages – A pre-paid package of any number of sessions is good for the entire length of the commitment. Sessions will roll-over to the next month, but expire at the end of the commitment date.

\*To freeze your package for purpose of vacations or extenuating circumstances, this can be done by providing written 10 day notice to the owner, Aaron Palmer, and is only done so at the owner's discretion.

**4. Promptness-** Please arrive on time to your scheduled session. Remember that trainer has a schedule to follow. Failure to arrive on time will result in a shorter session. Group clients must arrive at scheduled time and must be ready to begin the WOD ten minutes after group begins. The first 10 minutes is for warm-up.

**5. Refunds-** Only under extenuating circumstances, such as illness or injury, may alternative arrangements be made at the discretion of the Owner and Program Director (Aaron Palmer). There will be no cash refunds.

**6. Weight Progression-** At all times, the trainer has final say in the amount and rate of increase of the weight that you progress to. It is also at the trainer's discretion how often you should be training and resting.

**7. Foundations-** A proper building of foundations is essential to ensure proper short term and long term success with the Gator CrossFit program. Beginner levels will be monitored closely by the trainer. *After completing the 6 foundation sessions it is at the trainer's discretion that the client is either ready to enter group classes, or begin 1-on-1 training to continue to build a strong base for the group classes.*

**8. Gator Ramp-** These are 12 classes to be completed by each participating member. The member must complete all 12 sessions prior to starting any Open Gym, Tactical Fitness Training or Group class membership. The Coach has final say once Gator Ramp is finished on the readiness of each member. If the coach does not feel the member is ready, more coaching sessions may be recommended.

## **B. Recommendations**

**1. Dietary-** Drink plenty of water to ensure hydration; 1-3 hours before a workout and within 1 hour after a workout eat good quality protein and good quality carbs (ex. Grilled chicken breast with ½ of a sweet potato drizzled with olive oil or coconut oil and sautéed spinach).

**2. Training-** To gain all you can from our program, it is recommended that you train with us at least 3 days per week. If you choose to train with us twice a week, it is recommended that you do something else on your own, like running, biking, swimming, rowing or any other athletic activity. This will ensure that you will get the results that you are looking for.

**3. Etiquette-** Gator CrossFit provides a competitive, yet fun atmosphere. Please be friendly and encouraging to others.

**4. Clean up-** As a courtesy to us at Gator CrossFit, please remember to put your equipment away after the workout. This is greatly appreciated!

"We take great pride in every one of our clients' health and well-being and we thank all of our clients for helping us uphold our principles." --Aaron Palmer, Owner Gator CrossFit

By signing below, it signifies that you have read and agree with Gator CrossFit's Policies and Recommendations.

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_