

AtHomeBeFIT
Cancellation Policy for Personal Training Clients

I understand that AtHomeBeFIT/Lisa Knighton operates on a scheduled hourly appointment basis for private training sessions. Therefore, when cancelling an appointment, I am required to provide MORE than 24-hour notice, for which no additional levy shall be incurred, and I am required to reschedule within 7 days, if possible.

However, if I cancel a session LESS than 24 hours to the scheduled time, I shall be charged in full for that training session, while my trainer will utilize that time in working on my fitness program. (I understand that I'm entitled to a one-time cancellation fee waiver, whereby I can cancel a session in less than 24-hours, at no additional charge.)

Should my personal trainer, Lisa Knighton, cancel a session with less than 24-hour prior notice, I shall be entitled to one free session upon rescheduling. I understand that the free session must be redeemed within 7 days of my trainer cancelling the previous one or shall be forfeited.

However, should my personal trainer, Lisa Knighton, cancel a session with MORE than 24-hour notice, I shall be entitled to no free session, but the training session shall be rescheduled within 7 days to ensure consistency and progress in my fitness program.

I have read and completely understand these terms:

Client Signature

Date