



Aspect Fitness Member Contract

This document details policies that you must understand and agree to, in order to be an Aspect Fitness member.

Member Eligibility

In order to meet Aspect Fitness membership eligibility, you must:

- Pass the Part-Q test.
- Participate in a fitness assessment.
- Provide your full medical history.
- Participate in at least one session per week, unless you provide proper notice; otherwise, Aspect Fitness will discontinue your membership (see “Session Cancellation and Rescheduling,” and “Payment and Refund Policy”).

Facility and Session Conduct

In order to be an Aspect Fitness member, you must:

- Wear proper attire (shorts, sweat pants, t-shirt, running shoes, etc.), when training.
- Sign and date the training log, after each session.
- Follow the trainer’s instructions (i.e. exercise, dietary, and lifestyle), according to your health and fitness goals.
- Respect trainers and members.
- Limit distractions (e.g. phone calls, excessive chatting).
- Support the goals of other members.
- Be honest about pain, discomfort, and adhering to trainer instructions.

Session Cancellation and Rescheduling

In order to cancel and reschedule a session (individual or group), you must:

- Provide at least **24 hours’ notice**; otherwise, Aspect Fitness will charge you for the full cost of the missed session.
 - If you are late for a session, Aspect fitness will provide you with the remainder of the scheduled time.



- If you need to put a membership on hold, Aspect Fitness may, or may not, grant your request (see “Payment and Refund Policy”).

In order for Aspect Fitness to cancel and reschedule sessions (individual or group), it must:

- Provide members with at least **24 hours’ notice**, unless an emergency applies.
 - If you get injured during a session, Aspect Fitness will still charge you for the session.

Note: If you do not behave according to the rules listed in “Facility and Session Conduct,” Aspect Fitness may stop the session in progress, and charge you for the full cost of the session.

Payment and Refund Policy

As an Aspect Fitness member, you must:

- Pay for individual sessions, or packages, in at least **30 day installments**, starting at your initial assessment.
 - If you fail to pay according to the agreed upon payment schedule, Aspect Fitness may make your scheduled session times available to others.
 - If your payment is late by at least **10 business days**, you must pay a **\$25.00 penalty**.
 - If your payment is late by at least **15 business days**, you must pay a **\$50.00 penalty**, and Aspect Fitness will discontinue your membership.
 - If the bank returns one of your payments, due to **insufficient funds**, you must pay a **\$50.00 penalty**.
- Understand that there are **no refunds** for **promotional rates**.

Note: Aspect Fitness is not responsible for any injuries that may occur during sessions. In the case of emergency situations (accident, illness, injury, etc.), Aspect Fitness will discuss accommodations, which may, or may not, include rescheduling, refunds, or discounts.

Signature(s)

By signing this document, I agree that I am legally bound by its content.

First Name (Print)	Last Name (Print)	Signature	Date