

24 hour notice is required for all cancellations or the full session fee will be charged. Thrive Fitness will grant 2 late cancellations free of charge due to unexpected circumstances. All rescheduled sessions need to be made up within 30 days of the originally cancelled session.

This agreement will apply for a 3-month period. In other words, this contract will reset quarterly.

Client Signature _____ Date _____

Trainer Signature _____ Date _____