



Personal Training and Health & Wellness Policies

These policies are designed to ensure a clear understanding between BC Adaptive Fitness, employees, and clients. By adhering to these guidelines, we aim to maintain professionalism, safety, and high-quality service.

Conserved individuals' primary caregiver must review and understand these policies and will need to sign off for the waiver.

Medical Conditions

Medical Clearance: Clients with any medical conditions, injuries, or health concerns requiring a doctor's approval must provide a note from their doctor confirming their ability to participate in any exercise or training sessions.

Ongoing Communication: Clients are responsible for informing a BC Adaptive Fitness employee of any changes in their health status that may affect training.

Liability Waiver

Liability Waiver: Clients must sign the waiver before starting training, releasing BC Adaptive Fitness and trainers/coaches from liability for any injuries sustained during sessions. Conserved individuals' primary caregiver will need to sign off for the waiver.

Assessment Policy

Initial Assessment: All new clients are required to complete an initial fitness assessment before beginning personal training or Health & Wellness coaching. This assessment is designed to evaluate fitness levels and set goals.

Assessment Fee: A one-time fee of \$124 will be charged for the initial fitness assessment and \$83 for the initial assessment for Health & Wellness coaching .

Scheduling

Booking Sessions: All personal training sessions must be scheduled in advance through our business email makemefit@bcadaptivefitness.com or the business phone number (714) 683 - 0112.



Session Duration: Sessions are 60 minutes and begin promptly at the scheduled time. Late arrivals will result in reduced session time.

Rescheduling: Clients must notify their trainer or the gym at least 24 hours in advance to reschedule a session. Rescheduling is subject to trainer availability. Rescheduling must be done through the business email makemefit@bcadaptivefitness.com or business line (714) 683 - 0112 . Call, voicemail, or text message are all acceptable.

Payments and Refunds

Payment Terms: All sessions must be paid in full before the first session.

Refund Policy: Refunds are not available for unused sessions.

Package Expiration: All purchased sessions or packages must be used within the month of the purchase.

Cancellation

24-Hour Notice: Cancellations must be made at least 24 hours before the scheduled session. Late cancellations will result in the session being charged in full. Cancellations must be done through the business email makemefit@bcadaptivefitness.com or business line (714) 683 - 0112 . Call, voicemail, or text message are all acceptable.

No-Show Policy: If a client does not show up for a scheduled session without prior notice, the session will be charged in full.

Client Conduct

Punctuality: Clients are expected to arrive on time for sessions. Sessions will end at the scheduled time, regardless of late arrivals.

Appropriate Attire: Clients must wear suitable workout clothing and footwear to ensure safety and comfort.

Respect: Clients must treat trainers, staff, and other gym members with respect. Disruptive or inappropriate behavior will not be tolerated and may result in termination of services.



Confidentiality

Data Protection: All personal information, including health history and fitness progress, will be kept confidential and stored securely in compliance with data protection laws.

Limited Sharing: Information will only be shared with the client's explicit consent or as required by law.

By engaging in training services, clients acknowledge and agree to adhere to this policy. Failure to comply with these terms may result in the suspension or termination of services.

Group Class Policies

Membership Policies

Membership Policies for BC Adaptive Fitness LLC are between new, past, future, and current (all) members. It is a requisite for all members to agree to the terms and conditions of the Membership Policies, which comes into play immediately or on the day of purchase.

Member Benefits

As part of becoming a member of BC Adaptive Fitness LLC, the member will receive a BC Adaptive Fitness T-shirt and the number of classes they have agreed to purchase depending on the membership level. The number of classes are to be completed during their time period of payment. (ex. If payment is made on the 5th of the month, then classes must be completed by the 5th of the following month.) We do not permit roll over of classes.

Membership Dues

Membership payments are due monthly on the day of the original purchase. Late or failure of payment must be made before the next original purchase date. Failure to make late or failed payments before the original purchase date may result in suspension or cancellation of membership.

Restrictions

The member agrees that they will not: Share their login information with non-members. Reproduce any information from their membership and share it with non-members. Post



inappropriate, inaccurate, or offensive content to membership forums and discussions. Share inaccurate or misleading information about the company with members or non-members regarding BC Adaptive Fitness, its employees and/or members.

Liability

The member will not hold the Organization liable for any tangible or intangible damage that might happen to them while participating in the membership. The member agrees that the Organization cannot guarantee any results from their membership. Any negative or positive results that might occur during the membership result from the member's personal choices. The member agrees to sign waiver forms provided by BC Adaptive Fitness LLC and company partners if necessary.

Privacy

The organization will not share any contact or personal information about the member with other members, non-members, or third parties.

Membership Management & Termination

The organization has a right to terminate the member's membership if any of the terms and conditions of these policies are violated. The member can terminate their membership at any point and for any reason and will not be charged for their next billing cycle. It is up to the Member to suspend or cancel their membership, if assistance is needed, a BC Adaptive Fitness representative must be contacted. If the member wishes to upgrade or downgrade their membership, the member must request assistance to upgrade or downgrade. By purchasing a membership, the member confirms that they have read, understood, and agreed to the terms and conditions outlined in the membership policies.