

Personal Training Information Packet, Policies & Pricing

Pricing

\$40 per person/ single session

\$25 per person/ group session (max 2 people per group)

Non-members

Non-members are required to additional day pass entrance fee. \$11/non-id holder, \$7/military id holder.

Sessions

Sessions are 50 minutes. Please be ready to begin each session at your scheduled appointment time. 10 minutes of warm up and stretching is highly recommended before starting training. This is to maximize the training time that you will receive for the allotted time. First consultation session is part of the Personal Training. Meeting locations vary depending on Personal Training and session plan. Please make sure you are properly checked into the gym.

Program Descriptions

Body Fat Burning / Weight Loss & Toning

If burning body fat / weight loss and toning are your goals, trainers will design and manage cardiovascular and resistance training geared toward increasing muscle mass and burn more calories. Sometimes cardio training can be done within the session or simply recommended for training on your own.

Athletic Endurance & Improvement

Designed for generally athletically fit members already on a regular workout plan that they are comfortable with. Work with a trainer to add creative exercises or regiments to give you the athletic edge and improvement.

Strength Training

This session is marked toward increasing your strength. IT is to help you improve your strength stability to move toward your next level in training programs.

Exercise Program Consultation & Design

Some members would like to consult with our Personal Trainers to develop an individualized workout that they can do on their own. Within 1 or 2 sessions, a Personal Trainer can develop a plan to meet your fitness goals. Then it is up to you to follow the plan on your own. We recommend scheduling occasional check-up sessions to mark your progress.

Muscle MASS & BULK

This training program is as it is written and read! To bulk up your mass! The trainer will develop a program to help you bulk up in your shirt size! Also will be your workout partner to help you on heavy weights.

Flexibility Training

This training program is to help you get more flexible by training you on stretching and muscle flexions. It is tailored to match your progress and the trainer will support you on your program.

Cardio Training / Improvement

This training program is to improve on your cardio. Trainer will design a special program to target your cardiovascular and also to help you on losing body fat. Targeting on cardio will overall enhance your strength and endurance.

Rehabilitation

This is for those who have just got out of sick bed from injuries whether they be broken bones to surgery or simply being sick. The trainer will develop a training program to get your unused muscles back to normal condition or better and to get you back on regular training without getting hurting yourself.

Personal Trainer

Seong, Jeong Hoon (John) is a certified Personal Trainer with the following credentials and certificates:

- Certified in Life Fitness Instructor (Body Building)
- Certified in Sports Massage 2nd Level
- Certified in Basic Chiropractic Practice
- Certified in Body Reformation
- Certified in 2nd Degree in Taekwondo
- Certified in 1st Degree Judo
- Personal Trainer at the "Seoul Club" for 3 years

Cancellation Policies

24 hours cancellation notice is required. Should the client wish to reschedule an appointment, we will do our best to accommodate your request.

1 cancellation is allowed per customer without charge. Any cancellations after that will result in a charge for the entire 50 minute session.

If the request to cancel or reschedule an appointment is places less than 24 hours prior to the appointment, regardless of gym hours, the client will be charged for the appointment.

Sessions will be cancelled if you are 10 minutes late.

Enrollment Information

1. Complete the **Personal Training Application** (Attached)
2. Complete the **Waiver, Release and Assumption of Risk Form** (Attached)
3. Complete the **Commitment Form** (Attached)
4. Before meeting with the trainer, you will need to **pay for your sessions** at the Point Front Desk. Please give your receipt to your trainer when you start your workout sessions.
5. The first consultation session is included and part of the Personal Training sessions.
6. A Trainer **will contact you** to schedule sessions.

FOR OFFICE USE ONLY	
RECEIVED BY _____	DATE _____
GIVEN TO _____	DATE _____
DATE CLIENT CONTACTED _____	

Personal Training Application

PLEASE COMPLETE THIS FORM THOROUGHLY

BILLING INFO:

DATE: _____

MEMBER NAME (LAST, FIRST, MI): _____

MEMBER NUMBER: _____

(Non-members are subject to daily pass fees)

ADDRESS: _____

HOME PHONE: _____ WORK PHONE: _____

EMAIL ADDRESS: _____

PAYMENT:

Please pay for your sessions at the POiNT front desk prior to your session.

Once payment is rendered the Personal Trainer will contact you to set up the appointment. Missed appointments may be rescheduled for an additional session fee, a refund will not be issued. Sessions are cancelled if you are 10 minutes late. 24 hour notice is required for rescheduling and cancellation.

TYPE OF SESSION REQUESTING:

- Strength Training
- Athletic Endurance & Improvement
- Muscle MASS & BULK
- Flexibility Training
- Body Fat Burning/ Weight Loss & Toning
- Cardio Training / Improvement
- Rehabilitation
- Athletic Endurance & Improvement
- Exercise Program Consultation & Design

NUMBER OF SESSIONS REQUESTED: _____

NAME OF TRAINER REQUESTED: _____

We make every effort to accommodate requested Trainers, but Trainer assignments are based on type of session and availability.

Waiver, Release, and Assumption of Risk

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

Waiver, Informed Consent, and Covenant Not to Sue

I, _____, have volunteered to participate in a program of physical exercise under the direction of **any Personal Trainer of the Point Fitness Center at the Dragon Hill Lodge**, which will include, but may not be limited to, weight and/or resistance training, cardiovascular training, and mat science training. In consideration of **the Personal Trainer's** agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless **the Personal Trainer**, and his/her respective agents, heirs, assigns, contractors, and fellow employees from any and all claims, demands, rights of action, or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting therefrom. **THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF 1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK; 2) ANY SLIP, FALL, DRIPPING OF EQUIPMENT; AND 3) OUR NEGLIGENT INSTRUCTION OR SUPERVISION.**

Assumption of Risk

I, _____, recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death.

I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life.

I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program. If I, _____, have chosen not to obtain a physician's permission prior to beginning this exercise program with a **Personal Trainer at the Point Fitness Center at the Dragon Hill Lodge**, I hereby agree that I am doing so at my own risk.

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ANY PERSONAL TRAINER OF THE POINT AT THE DRAGON HILL LODGE FOR HIS/HER NEGLIGENCE OR THAT OF HIS/HER FELLOW EMPLOYEES, AGENTS, OR CONTRACTORS.

Participant's signature

Date

Please print name

From Teri S. O'Brien. 2003. *The Personal Trainer's Handbook, Second Edition*. Champaign, IL: Human Kinetics.

Personal Training Commitment Statement

This form is an important document. It explains the obligations you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

Commitment and Attitude Statement

I, _____, have volunteered to participate in a program of physical exercise under the direction of **any Personal Trainer of the Point Fitness Center at the Dragon Hill Lodge**, which will include, but may not be limited to, weight and/or resistance training, cardiovascular training, and mat science training. In consideration of **the Personal Trainer's** agreement to instruct, assist, and train me, I do realize that a portion of my success will be based on my commitment to follow instructions and my attitude towards the fitness program. Unfortunately the Personal Trainer cannot guarantee results, but my willingness to work hard will drastically improve the experience and outcome of working with a trainer.

Late, Absent or Cancellation Policy

I, _____, have read and agree to the Point Personal Training Cancellation Policy. This includes tardiness, absences, and cancellations not indicated 24 hours in advance. While the Personal Trainer and Club staff will make every effort to reschedule sessions cancelled 24 hours in advance, I am still responsible for the charges associated with a rescheduled or cancelled session. I realize that responsibilities such as checking into the gym, securing a locker, using the locker room restroom or other facilities need to be completed prior to my session. In order to ensure that every Personal Training session starts on time and with the necessary attention it deserves, my promptness to the session appointment time contributes to the success of the entire program.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS FORM AND FULLY UNDERSTAND THAT IT IS A CONTRACT OF PAYMENT FOR THE PERSONAL TRAINING SERVICES RENDERED AND SESSIONS SCHEDULED WHETHER OR NOT THEY ARE RENDERED DUE TO MY ACTIONS. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ANY PERSONAL TRAINER OF THE POINT AT THE DRAGON HILL LODGE OR THE POINT AT THE DRAGON HILL LODGE.

Participant's signature

Date

Please print name

From The POiNT Personal Training Policies, August 2009.