



SouthFit Service Contract (Revised November 2011)

Name:	Date:	Age:	
Email:	Primary phone:	Alternate phone:	
Address, City, State, Zip:			
Are you a (check one): <input type="checkbox"/> USA Student	<input type="checkbox"/> USA Faculty/Staff	<input type="checkbox"/> USA Alumni	<input type="checkbox"/> Spouse/Dependent
J# (for Student/Faculty/Staff) or Membership #: (Your membership will be verified before services are provided)			
Emergency Contact:		Phone:	
Relation to you:			

Service Options (Please Check)

Only available to members of the USA Student Recreation Center. Payment is due upon registration.

One-on-One Training	Buddy Training (2 clients & one trainer)
<input type="checkbox"/> Fitness Assessment, \$20	<input type="checkbox"/> Fitness Assessment, \$25
<input type="checkbox"/> One Training Session, \$20	<input type="checkbox"/> One Training Session, \$25
<input type="checkbox"/> Four Training Sessions, \$65	<input type="checkbox"/> Four Training Sessions, \$80
<input type="checkbox"/> Six Training Sessions, \$95	<input type="checkbox"/> Six Training Sessions, \$115
<input type="checkbox"/> Ten Training Sessions, \$150	<input type="checkbox"/> Ten Training Sessions, \$190
<input type="checkbox"/> Twelve Training Sessions, \$175	<input type="checkbox"/> Twelve Training Sessions, \$225

Other Services (one-on-one only, no buddy prices)

- Package (Fitness Assessment, Nutritional Assessment, One Training Session), \$55
- Senior Fitness Assessment, \$10 (for adults over age 60)
- Nutritional Assessment, \$20
- Cholesterol/Glucose/Blood Pressure screening, \$20 (available 6:00-8:30 a.m. We will contact you to set up the appointment time.)



Students: Been to the Student Health Center lately? Attach a copy of your receipt from the last 30 days and get \$10 off a fitness assessment, a nutritional assessment, or any personal training package. Not valid on buddy packages or cholesterol/glucose screening.

- We accept checks made payable to "USA" for all services. We do not accept credit/debit cards.
- Please do not give cash to your trainer.
- Payment is due before a trainer will contact you for the first appointment. You may pay at the Recreation Center front desk or mail this form & payment (see below).
- All services are approximately one hour each. If purchasing more than one personal training session, the first session will be a fitness assessment.

List at least THREE available training days & a range of times

1.	2.	3.
----	----	----

Please read and agree to our policies on the reverse side.

Return both completed pages to the Recreation Center front desk, or mail to:
Sarah Schrenk, Fitness Coordinator, USA Student Rec Center, 51 Stadium Blvd, Mobile, AL 36688.

Payment is due with contract.



SouthFit Service Contract (Revised November 2011)

- 1. Completion:** Client has **two months** from the date of purchase to complete all sessions. Failure to do so will result in the forfeiture of the remaining sessions.
- 2. Payment:** Payment is due upon registration. Checks only, no payroll deduction. Please do not give cash to the trainer.
- 3. Refunds:** All services are non-refundable.
- 4. Cancellations:** Individual sessions must be cancelled at least 12 hours before your scheduled time. Failure to do so will result in the loss of your session and you will be charged. Contact your trainer directly to cancel a session.
- 5. Late policy:** Trainers are obligated to wait only 10 minutes for no-show participants. After 10 minutes, trainers are not obligated to lead the session, and you will be charged as a cancellation. Sessions that start late will end on time. If you are going to be late, please have the courtesy to contact your trainer.
- 6. Waiver:** Client understands that the personal training program has been designed specifically for him/her based on the fitness assessment, health status, doctor's recommendations, and/or other factors. Client assumes all risks known to be inherent with participation in physical activity, including but not limited to: heart attack, stroke, heat stress, serious injury to bones, joints, muscles, and other skeletal components, and death. Client is voluntarily participating in the training program and hereby waives any and all claims that s/he may have against the Board of Trustees of the University of South Alabama, and of its officers, agents, vendors, or employees, for any injury resulting from participation in said activity whether resulting from physical contact or whether the result of an injury being received from use of any mechanical contrivance of physical facility belonging to the University of South Alabama.
- 7.** Client is encouraged to stay properly fed and hydrated before, during, and after the training session. Client is also encouraged to wear proper footwear and appropriate breathable clothing.
- 8.** Dependents must be at least 10 years old to work with a trainer. Dependents age 10-16 can be trained during dependent hours only. The parent must supervise dependents age 10-15 during the sessions. Clients age 16 must have a parent/guardian in the building during training.
- 9.** If at any time the client is unhappy with his/her services or relationship with the trainer, a new trainer can be obtained. Please speak with Sarah Schrenk, Fitness Coordinator.

By signing below, I indicate that I have read and understand the above policies.

Client's signature: _____ Date: _____

Parent/Guardian Signature (if client is under age 18): _____

Return both completed pages to the Recreation Center front desk, or mail to:
Sarah Schrenk, Fitness Coordinator, USA Student Rec Center, 51 Stadium Blvd, Mobile, AL 36688.

Payment is due with contract.