



## Ridgefield Recreation Center Policies for Personal Training

1. Each training session is based on 1 hour or 30 minutes to be agreed upon by trainer and client before beginning workout. To get the most out of our efforts, please be ready to exercise at the appointed time.
2. As a professional courtesy, there will be no charge on sessions that are cancelled with more than 24 hours notice. Client will contact the Ridgefield Recreation Center to cancel any appointment
3. All training sessions will be held at the Ridgefield Recreation Center.
4. Please wear loose, comfortable clothing to facilitate ease of movement and appropriate athletic footwear.
5. All training packages purchased must be used within one (1) year of purchase.