**Wild On Fitness Training**

**Mission**

Providing a service that creates a safe, positive, and educational environment allowing individuals to build and grow on the foundation principles that I believe are essential to live. Health, wellness, longevity, and quality of life are at the core of those beliefs. Caring for the well being of each individual’s personal goals and development. Being a positive role model, leading them by example that this is a way of life. I hope to share my passion for health and wellness by coaching in a way that allows individuals to implement these practices into their own lives daily lives.

**My commitment**

To continue to stay current and up to date on new and trending exercises techniques, continuing to grow and develop as a coach/trainer, providing new services as I grow and develop as a professional. My promise is to continue to grow and develop as a personal trainer and coach to ensure I am providing the best care possible.

**Gym Attire**

In case you’re new to the gym, here are a few tips when looking for proper gym attire.

* Wear clothes that feel good, fit properly and breath well
  + I recommend dry fit, relax or semi relax fit clothing this will avoid the “ride up crisis”
* Find pants that are the right length to avoid tripping during exercise
* Check the waistband of pants and shorts to make sure elastic or drawstring are secure
* Find T-shirts and tank tops that are long enough when raising arms overhead to avoid the “mid-drift breeze”
* Shirts and tanks should have enough room at the chest and arms to allow for proper range of motion and avoid rubbing
* Proper undergarments like compression shorts or sports bra’s may help for added support at time when you may be sweating, jumping, or running
* Proper tennis shoes are essential, try a cross training shoe or a good running shoe
* My recommendations for athletic shoes:
  + Asics
  + Brooks
  + Sacony
* If you are unsure of what shoes are appropriate for working out. Talk to me or talk to a specialist in the shoe department. I recommend Roberts Running Store in Charleston, if you have any issues with your feet. They are experts when it comes to footwear!

Other than these few recommendations, what you wear is up to you. Wear whatever makes you feel the best and the most comfortable.

**Beverly International and Advocare Orders**

All protein powder, Spark, 24-Day Challenges and other supplement orders will available for pick up the first Friday of each month.

* Order requests are to be paid for and submitted to by the last day of each month
* To ensure items are ordered, please submit requests via email to wildernfit@gmail.com with the subject title, “supplement order”
* Total cost of products are due on the last day of each month to guarantee products are received on time
* CASH only payments are accepted for Beverly International and Advocare
* Advocare orders can be sent straight to your home
* Advocare supplements and products can be ordered online with a credit card, distributor’s ID number required
* Advocare Distributor ID # 120815124 (ask to learn how to get an extra 20%)
* <https://www.advocare.com/120815124/>

**Cancellation Policy**

In the personal training business, appointment scheduling is crucial to accommodating all clients’ needs. It is common practice to enforce a cancellation policy.

Cancellations are unfortunate but happen from time to time. Though same day cancelations are unusual, implementation of a cancellation policy ensures that all individuals are respectful of the trainer and client’s time.

All personal training fees will be due for any missed appointment unless it falls under the specific guidelines stated below:

* 24 hours notice is required for cancellation of any training session
  + No charge is applied
* Cancellations after 9:00pm the night before appointment
  + 50% of session price will be charged
* Same day cancellations
  + Full session price will be charged
* 24 hours is strongly encouraged for anyone wanting to switch a scheduled session (will try to accommodate changes to the best of my ability)
* An unforeseen emergency has occurred (At discretion of trainer/coach)

Date: ­­­\_\_\_\_\_\_\_\_\_\_\_\_

Client Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client Initals: \_\_\_\_\_

(Type your name and initials indicating you have agreed to the terms of the cancelation policy and personal training rates. Please email this as an attachment back to [wildernfit@gmail.com](mailto:wildernfit@gmail.com) or print and bring in with you to your first session

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**Personal Training Rate**

**Updated: July 1, 2014**

Single Training Session $45.00 Weekly Workout Plan $30.00

Partner Training $35.00 pp Monthly Workout Plan $100.00

(2 people group) (4 weeks of workouts)

Group Training $80.00 Monthly Nutritional $40.00

(3 people Group) (4 weeks + cardio program)

Group Training $25.00 ½ Hour Training $25.00

(4 people or more)

Initial Program Evaluation $10.00(measurements & nutrition overview)

* **All Payments are due on or before the day of scheduled session**