Cari's OneOnOne Fitness Training®

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# POLICIES & PROCEDURES...

**QUALIFICATIONS**
**I received my personal fitness training certification through ACE, the American Council on Exercise. ACE is the largest not-for-profit fitness-certifying organization in the world, with an outstanding reputation. To qualify for ACE certification, a personal trainer has to pass an intensive three-hour exam and written simulation (I went to Detroit for my training/exam in 2001) that covers exercise science and programming knowledge, including anatomy, kinesiology, health screening, basic nutrition and instructional methods.**

**LIABILITY**
**I do carry liability insurance; I operate as an independent contractor and am not employed by any fitness facility. I am available to train you at your home, Spring Lake Country Club (if you are a member), GVSU Rec Center (if you have a membership or want to pay the daily fee), Spring Lake Community Fitness & Aquatic Center (same as GVSU, membership needed or daily fee), and at Snap Fitness in Forest Hills, Spring Lake, Norton Shores and Grand Haven.**

**KEEPING SCHEDULED SESSIONS**
**I have my cell phone with me all the time, so even if I miss a call, I can get the voicemail right away. If there is ever a time when a client can't keep an appointment or needs to change the time, I'd like them to call me as soon as they know. Communication is not only "nice", it's efficient! 616-291-2851.**

**CANCELLATION & BILLING**
**Obviously I discourage cancelling sessions, but the earlier you tell me, the better. I schedule other sessions around yours, so please be considerate. For home, SLCC, SLCFAC and GVSU sessions, you pay me at the time of the session. At Snap Fitness & SLCFAC, you pay them directly, they take their percentage, and they pay me.**

**Your first session (set-up requires much more of my time) is $75 and lasts about an hour and a half. My hourly rate for early morning and daytime home workouts is $65/hour within a 20-mile radius of Grand Haven; further travel is possible, at a higher rate. Couples can train on the same workout at $95 per hour. Rates are negotiable for groups and bootcamp-style workouts.**

**Since I begin my days at 5am, my evening appointments (5pm and later) are limited and the rate is $75 per hour. My rates at Snap Fitness are $65 for the first hour session and $60 for each hour session thereafter. All sessions at SLCFAC are $65 per hour.**

**REFERENCES**
**As a rule, I keep my client names private, but a couple have graciously agreed to be called upon as references:**

***Jose & Susan Infante ~ Muskegon***
***231.740.4047***

***Mort Finkelstein ~ Spring Lake/Florida***
***561.289.2675***

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