

Policies and Guidelines for Personal Training provided by Focus Fitness

Please read each section acknowledging your understanding and compliance with the policy or guideline.

Referrals

For each person you refer who purchases a training package, you receive a complimentary session.

Purchasing a Training Package

When purchasing a package of training sessions with Focus Fitness, these monies are setup in an account. As you utilize your sessions, the amount of the training session performed is deducted from your account balance. In addition to personal training services, you may also have items such as drinks, accessories, supplements or clothing deducted from this account balance. When your account balance falls below a certain balance, your trainer will inform you as to the status of your account. We will inform you of the status of your account, when your balance falls below \$150.

Cancellation Policy

A 24-hour notice must be provided to cancel a session. Failure to do so will result in an account charge for the scheduled service. This is to ensure your trainer's time and service to all clients is met in an orderly fashion.

Trainer Cancellations

If your Trainer is unable to perform a scheduled training session, Focus Fitness will provide another Trainer to fill the appointment. In the event, Focus Fitness is unable to provide another Trainer; your next visit will be a complimentary session.

Package Expiration

All packages will expire as follows:

- 10 session packages expire three months from date of purchase
- 20 session packages expire six months from date of purchase
- 40 session packages expire ten months from date of purchase
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Refunds

All sales are final three days after having purchased a training package.

Recommendations to observe before exercising:

- Please wear exercise related apparel and footwear when exercising.
- Please eat one to two hours before exercise.
- Drink water before, during, and after exercise to avoid dehydration.
- Please avoid wearing perfume or cologne while in the gym.

Requirements for exercising:

- No flip flops or open toed shoes
- All clients must perform an assessment before beginning an exercise program at Focus Fitness.
- Please limit use of cardio machines to 30 minutes maximum.

Hours of operation:

- Monday thru Friday: 6:00 a.m. to 7:00 pm
- Saturday: 8:00 a.m. to 12:00 pm
- Sunday and after hours are by appointment

Holiday hours

Focus Fitness is closed on the following days:

- Fourth of July
- Labor Day
- Thanksgiving
- Christmas Eve thru New Year's Day

Focus Fitness has a limited schedule on the following days:

- A. Memorial Day: 8:00 a.m. to 11:00 a.m.
- B. Day after Thanksgiving: 8:00 a.m. to 11:00 a.m.

Physical Touch

Your Trainer may use physical touch to insure proper alignment, range of motion, or direction of movement.

Personal Belongings

Please place your belongings during your session in the cubby holes or coat racks located outside of the restrooms. Please do not leave personal items in the bathroom. Focus Fitness is not responsible for any lost or stolen items.

Unsupervised Children

Due to the potential harm from the equipment and machinery, children under the age of 13 are not allowed in the exercise area without the supervision of an adult.

Statutes required by State of Florida

Focus Fitness LLC dba Focus Fitness
2400 South Third Street Suite 301
Jacksonville Beach, Florida 32250
904-339-0323

- If you cancel within 3 (three) days of the making of this contract, exclusive of holidays and weekends, upon the mailing or delivery of written notice to Focus Fitness, refund upon such notice of all monies shall be paid. Except that Focus Fitness may retain an amount computed by dividing the number of occasions Focus Fitness services have been rendered. These services will not include any discounts for package rates, rather will be calculated at a per session rate. A refund shall be issued within 30 days after receipt of the notice of cancellation made within the 3-day provision.
- Notice of intent to cancel by the buyer shall be given in writing to Focus Fitness. Such notice of cancellation from the customer shall also terminate automatically the consumer's obligation to any entity to whom Focus Fitness has subrogated or assigned the consumer's contract.
- The initial contract with Focus Fitness will not be for a period in excess of 36 months, and thereafter will renewable only annually. Such renewal contracts may not be executed and the fee therefore paid until 60 days or less before the preceding contract expires.
- If the buyer dies or becomes physically unable to avail himself of a substantial portion of the services paid for from the commencement of the contract until the time of disability, a refund may be provided by calculating the # of sessions that have occurred at a per session rate, then subtracting it from the purchase price paid, less any additional discounts received for purchasing a larger discounted package.
- Contract may require a buyer or the buyer's estate seeking relief under this paragraph to provide proof of disability or death. A physical disability sufficient to warrant cancellation of the contract by the buyer shall be established if the buyer furnishes to Focus Fitness a certification of such disability by a physician licensed under Chapter 458, 459, 460 or Chapter 461 provided the diagnosis or treatment is within the physician's scope of practice.
- If the department determines that a refund is due the buyer, the refund shall be an amount computed by dividing the sessions paid for, less services rendered at a per session rate, less any additional fees for usage of facility.
- The business location of Focus Fitness shall not be deemed out of business when temporarily closed for repair and renovation of the premises, or upon the sale of the location provided it is not closed for not more than 14 consecutive days; or for not more than seven (7) consecutive days and not more than two (2) periods of seven (7) consecutive days in any calendar year.
- If Focus Fitness goes out of business, or moves its facilities more than five (5) driving miles from the business location designated in such contract and fails to provide, within 30 days, a facility of equal quality located within five (5) driving miles of the business location designated in such contract at no additional cost to the buyer.
- If Focus Fitness goes out of business, buyer should contact the Florida Department of Agriculture for information within 60 days.
- Focus Fitness is registered with the State of Florida as a Health Studio Facility Registration Number HS7722.