



Terms and Conditions

SERVICES

Bravo Fit offers personal training, group training, online training, stroke rehab balance training, upper and lower syndrome correction. Before any services are rendered potential clients must complete a physical activity readiness questionnaire. If client is able to proceed a mandatory assessment session is to be scheduled.

Sessions will be conducted at S.W.E.A.T. Boxing and Training Facility 500 S. Beltline in Irving, Tx. Sessions can be completed in Downtown Dallas, and house calls are available for those within the mileage range for an additional fee.

SCHEDULING

Scheduling is confirmed weekly on Sunday by 4pm to accommodate the clients upcoming schedule as well as the trainers. Sessions can be reserved in advance once payment has been processed. Clients who have purchased a bulk of sessions are the only clients that will have time slots reserved for the coming week, unless notified that the client will be out of town, or unable to attend the coming session due to personal reasons.

PRICING

Personal training sessions are priced **\$1 per minute, with the minimum of 30 minutes per session** and a maximum of 60 minutes. 60-minute sessions are prorated at \$55 per session.

Group training sessions are \$1 per min with a minimum of 30 minutes for two, and a minimum of 45 minutes for 3 or more participants. There is a \$25 add on for each additional participant attending the session.

Online training is priced by the level of attention the client desires. Online training can also be added with personal training upon request for intermediate and advanced clients.

Payment can be received by cash, card, paypal, and venmo. Reminder sessions must be purchased before reserving desired time slot.

CANCELLATIONS

Cancellations made within 36 hours of scheduled session, and no-shows are subject to a 50% cancellation fee. The remaining half of the fee will be transferred towards the next scheduled session.



RELEASE OF LIABILITY (Please Read Carefully)

I have chosen to participate in strenuous physical activity including, but not limited to walking, running, stretching, jumping, weight lifting, and the use of various conditioning and exercise equipment. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this program. If I do suffer from any disabilities and/or injury I have made it clear and discussed it with my trainer with Bravo Fit.

I fully understand that it is possible that I may suffer injury as a result of my participation in the program and I hereby release Bravo Fit from any and all liability now or in the future, including but not limited to medical expenses, lost wages, pain and suffering, that may occur by reason of heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness, or injury, however caused, whether occurring during or after my participation in the program or use of the conditioning and exercise equipment in-home or at a training facility, regardless of fault.

Informed Consent

I acknowledge that I have voluntarily chosen to participate in a program of progressive physical exercise by Bravo Fit. I understand such a program can enhance the musculoskeletal and cardio-respiratory systems. I also understand there are inherent risks in participating in a program of strenuous exercise. I have been informed of the possible strenuous nature of a personal training program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, muscle soreness, fainting, heart attack or death.

I have read and understand this term:

I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training sessions. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform my Personal Trainer. I give Micah Matthews and any parties connected to Bravo Fit permission to seek emergency medical services for me should I become injured or ill with the understanding that I am responsible for any expenses incurred.



Bravo Fit Photo Release Form

I hereby grant all parties in connection with Bravo Fit to use my likeness in a photograph, video, or other digital media ("Photo") in any and all of its publications, including web-based publications, without payment or other consideration.

I understand and agree all photos will become the property of the parties in connection with the Bravo Fit and will not be returned.

I hereby irrevocably authorize the parties in connection with the Bravo Fit to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo.

I hereby hold harmless, release, and forever discharge the parties in connection with Bravo Fit from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I HAVE READ AND UNDERSTAND THE ABOVE PHOTO RELEASE. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENTS/GAURDIANS AS EVIDENCE BY THEIR COMPLETION OF PAYMENT. I ACCEPT