

Steenfit Studio Agreement

About Me

I began my fitness career as a young competitive gymnast followed by 40+ years of intensive dance training. During that time, I learned a great deal about functional form, solid technique, balance, coordination and injury prevention. Later, as an adult struggling with yo-yo dieting and chronic weight fluctuation, I became very interested in proper nutrition, health and fitness. I started working out (and working in) health clubs/gyms in order to pursue my own health and fitness goals. In 2003 I made the decision to become a fitness trainer and received my personal trainer certification through E.S.A. (Exercise Science Alliance.) Since that time, I have advanced my education by taking additional coursework in injury prevention through A.F.A.A. (Athletics and Fitness Association of America.) My primary objective is to create an effective, functional, and sustainable training program for my clients. Strong, confident, healthy people is ultimately what it's all about.

Our Shared Commitment

My commitment is, first and foremost, to safe instruction in helping my clients reach their personal fitness goals. I acknowledge that I play a significant role in developing an appropriate fitness program for each individual client but maintain that my clients must participate fully in their own success. This can include supplemental workout routines, healthy attention to nutritional guidelines, and even adequate rest. My function is to guide and instruct my clients through a well-suited program of resistance training, including anaerobic/aerobic conditioning, weight training, use of machinery and various other fitness tools. All equipment utilized is regularly inspected, maintained and used in a safe and appropriate manner. Please feel free to bring to my attention anything that causes doubt or concern in regards to personal safety or security. Training is an interactive experience and I welcome feedback from my clients. Along those lines, I will encourage you to work to your fullest potential, sometimes to the point of fatigue, discomfort or reasonable muscle "burn," but expect you to communicate if any exercise feels excessively challenging, painful, or harmful to your muscles, joints, health or well-being.

I am deeply invested in my helping my clients achieve the outcomes to which they aspire. A fitness trainer is an excellent tool towards attaining fitness goals; but, there is no guarantee as to what results an individual might obtain without complete participation in the prescribed program. What I can and do guarantee is that I will use all of my knowledge, skill, and encouragement to help you reach those goals. I will show up for all scheduled appointments and will be prepared to give you a challenging, fun and satisfying workout. In the rare event of an emergency, when I might cancel a session with less than twenty-four hours notice, you will be compensated with a complimentary session. Needless to say, the missed session will not be charged either. I ask the same in return, which brings me to my three house policies:

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Steenfit House Rules

1. I uphold a strict twenty-four hour cancellation policy. All those who need to cancel a session within that time frame will be charged in full, regardless of the reason. Schedule changes outside of that time restriction can often be accommodated, but not guaranteed. Please call/text my cell phone with any last minute changes, and please email regarding any upcoming vacation plans, etc. as soon as possible.
2. All those who purchase a series of sessions at a reduced rate have an agreed upon "expiration date" after which time the purchase becomes null and void.
3. Payment for all individual sessions/series are due at the start of the session and are non-refundable. Payments can be made through Venmo via my handle: Nikki Steen @Nikki-Steen. Arrangements can also be made for alternate methods of payment (i.e. personal check) if preferred.

Remember: Any fitness training program is far more effective when it is approached with commitment and hard work. The observance of the above three policies will ultimately lead to greater success in reaching your personal goals.

Please acknowledge that you have read and agree to the above:

Name _____ Date _____

Name of Parent/Legal Guardian (if minor) _____ Date _____

Thank you for your participation in a fitness program with Steenfit. I look forward to getting started and helping you to reach your personal goals!

I promise to protect your best interest as my client, designing what I believe will be a safe and effective routine for your particular goals.

Nikki

Nikki Steen, D.B.A. Steenfit
steenfit@gmail.com
cell: 323.893.6032