



## AT ONE FITNESS TRAINER POLICIES

1. **Always Check In:** Please let front desk know how many clients you are training, if you are having single(s) or double session(s), or if your client is a no show. Your training sessions will remain in your account. We deduct from your number of sessions when your client arrives.
2. **Liability Insurance:** Must be current at all times and have a minimum of a million in coverage. In addition, make "At One Fitness" a certificate holder.
3. **Pay Policy:** You must pay front desk before you train. This applies to both you and your clients. Also, it is required that you have a credit card on file, although you will still have the option to pay with cash or check.
4. **Personal Training Memberships:** Your client must train with you once per week, in order to have a \$20 rate. This includes gym access and a special price on all classes. This payment is from month to month, not date to date. This must be paid on the first visit of the month, or they will not be able to train.
5. **Client Class Prices:** All classes are available to your clients at \$10 (instead of \$15-\$20).
4. **Parking:** No parking in gym lot. We offer 2 hour validated parking at the Art Institute lot on the 5<sup>th</sup> and 6<sup>th</sup> floor. (5250 Weddington St).
5. **Working Out:** Clients always have the right away. So please work out during our off hours between 11:00am-12:00pm Cardio only, 12:00pm-5:00pm and 8:00pm-10:00pm open gym. Also, please be respectful of other trainers who are training their clients during your personal workout.
6. **Cleanliness:** Out of respect for others, we ask that you maintain cleanliness and place your equipment and mats away.
6. **Printer/Fax:** The printer/fax machine is not for trainer use.

*Trainers thank you for respecting At One Fitness Policies*

*Management*

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Four Hour Validation- the Art Institute Parking structure on the 5<sup>th</sup> floor on the corner of Weddington and Lankershim (5250 Lankershim Blvd. entrance on Weddington). Please bring your parking ticket to our front desk for validation.

**Hours: Monday through Friday 5:00am-10:00pm; Saturday 7:00am-5:00pm; Sunday 8:00am-5:00pm**