



GRIT Fitness

PERSONAL TRAINING POLICIES

- All sessions are 50 minutes in length.
 - 24 hours' notice is required to change or cancel a session, otherwise session is forfeited.
 - Sessions shall start on time, and will not be extended due to the tardiness of the client.
 - All packages must be paid in full, at or before, the first session.
 - All sales are final.
 - All personal training packages must be used within 6 months of purchase.
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