

Policy Name: **Personal Training Policy**  
Total Pages: 1

Originated Date: 09/03/2004  
Revised Date: 1/2/20

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## **Purpose**

### **Purpose for Policy**

Personal Training in a HealthFitness managed fitness center is an extra benefit the company gives to its members at an extra cost. HealthFitness's Personal Trainers are required to hold a minimum of bachelor's degree in Exercise Science and/or related field as well as hold a current certification in a HealthFitness recognized national personal training certification and a First Aid/CPR certification.

Members that do sign up for Personal Training sign a Release of Liability waiver that releases HealthFitness and the Client Company from any liability now or in the future, for any injuries or illness, however caused, occurring during or after the participation in the exercise program.

The Blomeyer Health Fitness Center cannot adequately control and has no responsibility for the quality of personal training from individuals that are not employed by HealthFitness. These individuals may not have adequate academic background, national certifications, or training, ability, or experience to properly train clients. The use of the Blomeyer Health Fitness Center for outside personal training also is in direct competition with the personal training service that the Blomeyer Health Fitness Center offers.

## **Policy**

Anyone other than a HealthFitness staff member training a member in the Blomeyer Health Fitness Center is prohibited.

## **Applicable to**

All Blomeyer Health Fitness Center Fitness members and guests.

## **Guidelines**

Personal Training should only occur with a current HealthFitness staff member. Personal training from others who are not current staff members is not allowed.

## **What are some examples that may violate this policy?**

- One-on-one instruction from one member to another is Personal Training (this includes counting reps for a member in question and/or in addition to, instruction on form, technique, speed, posture, etc.)
- Giving a personal program to a member and giving instruction on each exercise on that personal program.
- An exchange of fees attributed with a PT session from a member to a member constitutes personal training.

There are some situations that may seem like a member is training another member but would not violate this policy: Members working out together, exchanging advice, spotting, showing how to use cardio equipment or weight equipment.

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### **Violation of Policy**

If a member or guest is found to be in violation of this policy, the following will occur:

- **First warning** –HealthFitness associate gives member(s) a verbal warning along with a written copy of this policy.
- **Second warning** – HealthFitness associate will advise fitness facility Program Manager. Program Manager will notify HealthFitness leadership and Healthy Emory management. A written warning will be given to that member.
- **Third occurrence** – Member will receive a written letter from Blomeyer Health Fitness Center management explaining the situation and membership will be terminated.