



Up Athletics & Rehab Policies

Come to your sessions prepared

Aim for getting enough sleep at least the night before your session. Try to come to the session well-hydrated. Have some food about an hour before the session to have enough energy for the duration of your session. Bring water and a small snack (e.g., a Banana) with you. Please come to your training session with comfortable clothes and shoes. Feel Free to arrive 10 minutes early to prepare for your session.

Cancellation Policy

We have a 48-hour cancellation policy. If you miss your appointment or cancel within less than 48 hours from your training session, you will be charged the full price of your appointment.

Pricing

Number of Sessions	Cost per session
1 session	\$150
5 sessions	\$110
10 scissions	\$100
ICBC	Cost covered

Payment Method

Up Athletics accepts payments via e-transfers to nadia@upathletics.ca or cash (whichever is more convenient for you) before your session/s.

Refunds

Refunds are available for unused sessions and will be made to the same card/source that was used to make the payment within 48 hours after an email requesting a refund is received.

Session Length

Each session is 50 minutes long and is scheduled on the hour to allow 10 minutes to fully circulate the air in the studio between clients.



Consent to Contact

By signing this document, I give permission to Up Athletics & Rehab to contact me or send reminders to me (via phone, text message, email, etc.) with respect to our training.

Participant's Name:

Date:

Participant's Signature:

Please either type your name in the signature line to sign the document, or provide us with the manually signed document.