



30 MINUTES OF EVERYTHING® POLICIES

1. All forms (Health History Questionnaire, Liability Waiver, and Policies) will be completed and signed prior to the commencement of your participation. Failure to do so will result in non-participation until all forms are turned in.
2. All payments must be paid in full prior to your participation, by the specified deadline. Payment for 30 Minutes of Everything® is non-refundable & non-transferable. All unused sessions expire at the conclusion of the registered 8-weeks.
3. You agree to bring a clean pair of sneakers with you to every class. You will not be allowed to exercise in bare feet or shoes worn through the parking lot. This ensures a clean, safe, hygienic space for everyone to exercise.
4. Late Cancellation Policy: You must cancel any appointment within at least one hour of the start time. Any appointments not cancelled within at least one hour will be counted as "attended".
5. Any problems, questions, comments and/or feedback regarding your participation in the program may be directed to Tanya Miszko Kefer, Ed.D. at (845) 659-6133.

I have read the above policies and agree to abide by them:

Print Name _____

Signature _____ Date _____