

# CLIENT WELCOME PACKET

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[www.sortedspaces.co](http://www.sortedspaces.co)



Thank you for your interest in in-home personal training through Sorted Spaces Wellness.

My approach to fitness focuses on long-term health, behavior change, and sustainable habits.

I hold a Bachelor's Degree in Psychology from Louisiana Tech University and have spent years working closely with clients to help them build healthier routines and environments through my business, Sorted Spaces. In 2024, I became a NASM Certified Personal Trainer because I saw the importance of merging physical health with the areas I already address - mental and environment health.

Understanding how people develop habits, manage stress, and build consistency is a key part of successful fitness and wellness. My training philosophy combines physical training, accountability, and behavior change strategies to help clients make meaningful and lasting progress.

My goal is to provide a supportive, professional training experience that fits seamlessly into your lifestyle.

WELL  
GONE  
WOMEN

# TRAINING OPTIONS & PRICING

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## Package One: Private Training

\$600 per month

Includes:

- Two in-person sessions per week
- Eight sessions per month
- Four independent workouts per month

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## Package Two: Group Training

\$450 per person per month each (2+ participants)

Group sessions must:

- Train together
- Agree upon the same time and location
- Participate in the same workout session

If one participant misses a session, the session will still proceed as scheduled for the remaining participant.

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## Single Sessions

\$85 per session

Single sessions are available for occasional training or consultations.



# DETAILS & FAQ'S

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## \* MONTHLY COMMITMENT \*

ALL TRAINING PROGRAMS REQUIRE A MINIMUM 3-MONTH COMMITMENT.

THIS ALLOWS ADEQUATE TIME TO ESTABLISH CONSISTENCY, BUILD STRENGTH, AND TRACK MEANINGFUL PROGRESS.

## \* SESSION SCHEDULING \*

EACH CLIENT RECEIVES 8 SESSIONS PER MONTH.

SESSIONS ARE SCHEDULED IN ADVANCE AND TRACKED BY THE TRAINER.

SESSIONS EXPIRE AT THE END OF EACH MONTH AND DO NOT ROLL OVER UNLESS CANCELLATION OCCURS DUE TO TRAINER AVAILABILITY.

## \* CANCELLATION POLICY \*

CLIENTS MAY RESCHEDULE SESSIONS WITH AT LEAST 24 HOURS NOTICE.

CANCELLATIONS MADE WITH LESS THAN 24 HOURS NOTICE WILL RESULT IN THE SESSION BEING FORFEITED. NO-SHOWS ARE CONSIDERED FORFEITED SESSIONS.

## \* LATE ARRIVAL POLICY \*

SESSIONS WILL BEGIN AND END AT THE SCHEDULED TIME.

IF A CLIENT ARRIVES LATE, THE SESSION WILL STILL CONCLUDE AT THE ORIGINALLY SCHEDULED END TIME IN ORDER TO RESPECT OTHER CLIENT APPOINTMENTS.

## \* TRAINER CANCELLATIONS \*

IF A SESSION MUST BE CANCELLED BY THE TRAINER, REASONABLE EFFORTS WILL BE MADE TO RESCHEDULE THE SESSION WITHIN THE SAME MONTH. IF SCHEDULES DO NOT ALIGN, SESSION CREDITS WILL BE GIVEN.



# DETAILS & FAQ'S

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## \* TRAVEL AND SCHEDULING FLEXIBILITY \*

REASONABLE ACCOMMODATIONS MAY BE MADE FOR TRAVEL OR TEMPORARY SCHEDULE CHANGES WHEN COMMUNICATED IN ADVANCE.

## \* PETS AND CHILDREN \*

FOR SAFETY REASONS, CLIENTS ARE RESPONSIBLE FOR ENSURING THAT PETS AND CHILDREN DO NOT INTERFERE WITH THE TRAINING SESSION.

## \* PROGRESS TRACKING \*

MONTHLY PROGRESS TRACKING MAY INCLUDE:

- WEIGHT MEASUREMENTS
- BODY MEASUREMENTS
- PROGRESS PHOTOS
- STRENGTH BENCHMARKS

CLIENTS MAY USE THEIR OWN SCALE OR THE TRAINER CAN PROVIDE ONE IF NEEDED.

## \* PAYMENT POLICY \*

TRAINING IS BILLED MONTHLY. PAYMENT IS DUE AT THE BEGINNING OF EACH MONTH. CLIENTS MAY ENROLL IN AUTOMATIC MONTHLY BILLING THROUGH QUICKBOOKS. TRAINING SESSIONS WILL PAUSE IF PAYMENT IS NOT RECEIVED. ALL PAYMENTS ARE NON-REFUNDABLE.

## \* HEALTH & MEDICAL CLEARANCE \*

CLIENTS SHOULD CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM IF THEY HAVE MEDICAL CONCERNS OR UNDERLYING CONDITIONS. CLIENTS AGREE TO DISCLOSE ANY INJURIES, HEALTH CONDITIONS, OR PHYSICAL LIMITATIONS THAT MAY AFFECT TRAINING.

# Liability Waiver

Participation in physical exercise carries inherent risks.

By participating in personal training sessions, the client acknowledges that they are voluntarily engaging in physical activity and assume all associated risks.

The trainer carries professional liability insurance but is not responsible for injuries resulting from participation in training activities.

## Media Release

Clients agree that progress photos may be used for educational or promotional purposes unless otherwise requested. Clients may opt out of media use at any time.

## Agreement

By signing below, the client confirms that they have read and agree to the policies and terms outlined in this agreement.

Client Name:

Signature:

Date:



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# NEXT STEPS



Please reach out with any questions regarding this welcome packet. After signing the contract, you will be sent an intake questionnaire and we can get moving!

*Thank you!*

[hello@sortedspaces.co](mailto:hello@sortedspaces.co)  
[www.sortedspaces.co](http://www.sortedspaces.co)

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