

Welcome to A1Fit

Member Welcome Packet, Policies & Procedures

Effective Date: _____

Organization: Accountability First Fitness (A1Fit)

Location: A1Fit Studio

Social Media: @a1fitreplab

Welcome to the A1Fit Family

Welcome to A1Fit! We are excited to have you join a community built on accountability, consistency, strength, and lifestyle transformation. Our mission is to help every member become stronger physically, mentally, and emotionally through fitness, structure, and support.

At A1Fit, we believe fitness is more than a workout—it is a lifestyle. Whether your goal is weight loss, muscle building, confidence, discipline, or overall wellness, our team is committed to helping you stay motivated and accountable throughout your journey.

About A1Fit

A1Fit (Accountability First Fitness) is a coaching-based fitness community focused on results, accountability, and sustainable lifestyle change.

We offer:

- Group fitness classes
 - Personal training
 - Group Personal Training
 - Strength & conditioning
 - Accountability coaching
 - General nutrition guidance
 - Lifestyle support
 - Fresh Juices
-

Member Expectations

As an A1Fit member, you are expected to:

- Arrive on time and prepare for training
- Follow all trainer instructions
- Respect trainers, members, staff, and equipment
- Maintain a positive and professional environment
- Notify trainers of pain, discomfort, injury, or limitations
- Participate within your own physical abilities and limits

A1Fit reserves the right to deny or discontinue service for unsafe, disruptive, or disrespectful behavior.

Booking, Attendance & Class Policy

To maintain fairness, accountability, and class structure, all members must follow A1Fit booking and attendance policies.

Class Booking

- All classes must be booked in advance through the A1Fit booking system.
- Booking secures your space in class.
- Walk-ins are not guaranteed and are subject to availability.

No-Show Policy

- Members who book a class and fail to attend will be charged a **\$5 No-Show Fee**.
- No-show fees apply unless otherwise approved by management.
- This policy helps maintain accountability and class availability for all members.

Late Arrival Policy

- Members are granted a **5-minute grace period** after class start time.
- After 5 minutes, members will not be allowed to enter class.
- Members arriving late must wait until the next scheduled class.
- This policy is in place for safety, warm-up integrity, and minimizing class disruption.

Personal Training Policy

- Personal training sessions must be scheduled in advance.
- Clients must complete all required forms before participating.
- Sessions begin and end at the scheduled time.
- Late arrivals may result in shortened sessions.
- A1Fit does not guarantee specific results.

Results depend on consistency, effort, attendance, nutrition, and lifestyle habits.

Nutrition Guidance Policy

A1Fit may provide:

- Meal ideas
- General nutrition guidance
- Accountability support
- Lifestyle recommendations

A1Fit trainers **are not** registered dietitians or medical professionals.

Members are fully responsible for:

- Their food choices
- Allergies or reactions
- Portion control
- Dietary decisions and outcomes

A1Fit is not liable for any food-related reactions, decisions, or results.

Assumption of Risk

Participation in fitness activities involves inherent risks including, but not limited to:

- Muscle soreness

- Sprains or strains
- Falls
- Cardiovascular events
- Injury
- Serious bodily harm

By participating in A1Fit services, members voluntarily assume all risks associated with exercise and fitness participation.

Medical Disclaimer

A1Fit trainers are not physicians, licensed medical providers, or registered dietitians.

Members should consult a physician before beginning any exercise program.

Members must disclose any injuries, medical conditions, limitations, pregnancies, recent surgeries, or health concerns that may affect participation.

A1Fit reserves the right to refuse participation where safety may be compromised.

Release of Liability

By participating in A1Fit services, members release and discharge A1Fit, its owners, trainers, staff, affiliates, and A1Fit Studio from all claims, liabilities, demands, damages, injuries, losses, or legal actions arising out of participation in any class, training session, coaching service, or facility use.

Participation is voluntary and at the member's sole risk.

Photo & Video Release

A1Fit may capture photos and videos during classes, sessions, and events for:

- Marketing
- Social media
- Promotional materials

- Brand content

By participating, members consent to photo/video use unless written opt-out is submitted.

No Guarantee of Results

A1Fit does not guarantee weight loss, muscle gain, body transformation, or specific fitness outcomes.

Results vary based on consistency, effort, attendance, nutrition, and personal adherence.

Contact A1Fit

A1Fit (Accountability First Fitness)

Phone: 214-900-6161

Address: 104 Chowning Dr Desoto TX 75115

Social Media: @a1fitreplab

Thank you for choosing A1Fit. We are excited to be part of your fitness journey.

Member Agreement

By signing below, I acknowledge that I have received, read, understood, and agree to the policies, procedures, and expectations outlined in this Welcome Packet.

I understand that participation in A1Fit services is voluntary and at my own risk.

Member Name: _____

Phone Number: _____

Email Address: _____

Emergency Contact Name & Number: _____

Member Signature: _____

Date: _____

A1Fit Representative Signature

Trainer/Staff Name: _____

Signature: _____

Date: _____

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A1Fit (Accountability First Fitness)

A1Fit Studio

Social Media: @a1fitreplab

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