



Independent Training Guidelines

Updated March 2018

I. For the safety of our business we are required to maintain a current Certificate of Liability Insurance, with Essential Fitness NYC added as additionally insured, for all independent trainers using Essential Fitness NYC's space, at all times. We cannot permit use of our space without it. Please email your insurance, CPR Certification and a nationally recognized PT cert to info@essentialfitnessnyc.com to file your insurance with us prior to your first visit, and to maintain a current, valid copy of your insurance going forward. All clients and trainers must sign Essential Fitness NYC's Liability Waiver before beginning their first appointment.

II. We believe in providing a personal and welcoming experience for all of our guests and rely on all independent trainers and clients to sign in to the logbook prior to beginning each training session. Note your name, your client's name, appointment time and package session number. All independent trainers are expected to proactively support and adhere to this process.

III. Independent training sessions at Essential Fitness NYC are one-hour in length. Your clients may stretch or use our equipment for 15-minutes prior to or after your training session. A

ny extension of your training session beyond the one-hour period, or the 15-minute client use period, will require an additional session charge.

IV. Independent trainers may conduct training sessions for up to two clients at one time. One session will be pulled per client. For example, if your client brings their spouse two sessions will be pulled instead of one.

V. Please maintain a valid credit card on file with the EF NYC at all times.

VI. You are welcome to store your personal belongings, including backpacks, shoes and coats in the cubbies or on the door. Please do not hang personal belongings on the equipment. Space on the training floor is precious and for the safety, comfort and benefit of everyone we ask that no personal items are left out on the training floors at any time.

VII. Essential Fitness NYC takes pride in providing an accessible, welcoming, and collaborative training environment. It is expected that all independent trainers and clients share space, equipment, and knowledge, with mutual respect and courtesy for everyone using the gym at all times.



VIII. Do not slam anything at all on the floor. Unfortunately we're on the fourth floor and our neighbors don't love when we do. Do not slam things into the wall. It is not a load-bearing structure.

IX. To maintain the professional training environment our independent trainers and clients expect from Essential Fitness NYC, food and drinks, with the exception of bottled water and sports drinks, cannot be permitted on the training floors. Clean and appropriate athletic attire must be worn - flip flops, jeans and boots are not permitted. Please keep food and drinks in the entrance area.

X. Maintaining a clean, organized, and efficient training space is important for the benefit of all independent trainers and clients and requires consistent cooperation and active contribution on everyone's part. After every session wipe down used equipment with provided disinfecting wipes so as to minimize infection levels. *Return used equipment to its proper place* and discard any trash in the trash receptacles in the hallway. Extend this care to all areas of Essential Fitness NYC including showers and entrance area - wiping up any spills, discarding any trash and proactively contributing to a clean and organized environment. If you are the last person to leave please turn off the lights and A/C and lock the doors and windows.

XI. In the event that a client needs to train without a trainer, a session must be pulled from the package. E.g. if you are on vacation and the client comes in to train, each time they train one session will be pulled. They may also use a session credit for a class being held at Essential Fitness NYC. This is to ensure continuity of training for the client and the trainer. Client is to sign in to the Independent Training logbook.