



PowerEx Program Extension Request

Your PowerEx program can be put on “hold” status for up to 4 weeks total over the course of your program. Hold status is reserved for necessary absences from the program lasting longer than one (1) week due to a health or medical condition requiring temporary cessation of exercise.

Weeks missed during hold will be added as an extension to program end date. All missed 1:1 sessions will be rescheduled upon resumption of program.

If extension is needed past 4 weeks, per PowerEx lead approval, your program can be cancelled with no refund and you are eligible to restart the program (Performance Fitness or Clinical Fitness) outside of repeat policy.

Program hold reasons include, but are not limited to, major illness, injury, hospitalization, or surgery.

To initiate a hold, please fill out the following request form as well as provide a doctor’s note with an estimated return to exercise date and any restrictions.

Member Name: _____ Start of hold date: _____

Reason:

Dr: _____ Estimated return date: _____

Participant signature: _____ Date: _____

To be completed by PowerEx lead only:

Approval date: _____ Denied date: _____

PowerEx program lead signature: _____

Hold status is not able to be used for vacations, business trips, time out of town, or conflicting schedule.

All program holds and extensions will be reviewed on a case-by-case basis and must be approved by the participant’s EP and PowerEx program lead.

EP’s may ask for updated medical clearance from physician with any new restrictions upon return to program.

All requests must be emailed to Abbey Colley at acolley@shelteringarms.com