



Fitness Together Tysons

Frequently Asked Questions

Q: What is the cancelation policy?

If you need to cancel a personal training session without penalty call the Studio and leave a message at 703-289-9909 *or* email us at fttysons@gmail.com no later than 24 hours prior to your appointment. Any cancellations received inside 24 hours prior will be considered a “late” cancel and you will be charged for the session.

Fitness Together Tysons sends a confirmation email approximately 48 hours prior to all scheduled one-on-one personal training sessions as a courtesy to our clients. You will not receive a reminder for any scheduled partner training sessions.

Q: How do I schedule my personal training sessions?

To support your success, we recommend that you work with us to set a recurring schedule. If you are on a recurring schedule you will be scheduled for that time slot indefinitely regardless of the number of personal training sessions purchased. If you wish to change your recurring schedule contact us to discuss options.

If you are on a recurring schedule you can reschedule a personal training session within the 24-hour window by calling the Studio.

If you are not on a recurring schedule, call or email the Studio to schedule a session.

Q: Can I request a specific trainer for my personal training session?

Per upfront discussion and written agreement, we do not guarantee a specific trainer. If you have any concerns regarding a member of the training team, contact Studio management.

Q: Can I convert my one-on-one sessions personal training sessions for partner training sessions?

Once purchased, sessions cannot be converted into any other Fitness Together Tysons service.

Q: Can I share my personal training sessions?



A package of personal training sessions may be shared with a family member. This must be established and set up at the time of purchase. Partner training sessions can not be shared.

Q: What is the renewal policy / how do I purchase additional personal training sessions?

You will be notified when you have approximately 10 percent of your personal training sessions remaining. When you have two sessions remaining in your account, Fitness Together Tysons will need a confirmation that you wish to continue and purchase additional sessions. Without acknowledgement, your time slot will automatically be released.

Q: Will my session rate change?

Approximately once per year, Fitness Together Tysons evaluates personal training packages and rates. At the time of purchase you will purchase at the current package and rate offering. Rates and packages are not grandfathered.

Q: Do I have to pay for my package in full?

There are standard payment plans in place for most personal training package purchases. The payment plans have a franchise imposed administrative fee. We are not able to accommodate any special payment processing outside of the standard plans.

Q: How often should I come in? Can I come in two days in a row?

The majority of the population should work out between 3 and 4 times a week. The customized workouts that we develop allow for you to train on consecutive days and are written for you based on your frequency. Talk to one of our team members about an appropriate workout schedule for you.

Q: What can I do outside the studio to achieve my goals?

Everyone has different goals so there is not one answer to this question. We encourage you to keep a food log/journal if you are interested in weight loss. As part of your session time, any team member will review your log and suggest adjustments.

If through working with us it is identified that you have certain muscles that are tight, we support you foam rolling and stretching on your own. As part of your session time, any team member will be happy to discuss this with you.



For most clients, we suggest doing some form of cardiovascular exercise on your own, outside your Fitness Together sessions. Ask us about our customized cardiovascular programs.

Talk to your trainer if you have specific questions related to your goals.

Q: How will I feel after my first personal training session?

You may feel some soreness after your initial session because you may have used muscles you have not used in a long time. Feeling acute pain after a session may be an indicator that something is wrong. Soreness is an overall stiffness or tenderness to the muscles. Muscle soreness is often experienced bilaterally. Pain is associated with diminished muscular function and can be debilitating. Pain will also take longer to “disappear” than soreness. Talk to your trainer at the start of your next session if you have any concerns.

Q: Should I eat before my personal training session?

We encourage you to eat a small snack (100 to 200 calories) 30 minutes before each session. Fruit juice, smoothies, energy bars or whole-wheat toast with peanut butter are some good examples. However, there is no rule regarding this and you need to do what makes you feel good and gives you the amount of energy needed to get through your session.

Q: Can I come in and use the Studio if I am not scheduled for a personal training session?

As a Fitness Together Tysons client, you are able to come in and use our cardio equipment at any time. You are not authorized to use any other equipment or go into one of the training rooms unsupervised.

We do operate by appointment only and there are times when the Studio is not open. If you plan to come in during a non-scheduled time, it is best to call the Studio first.

Q: Should I work out if I have a cold?

As a general rule, if the cold is from the chest up then you can exercise. If the cold is from the chest down the best thing is to take a rest. In either case, let your body guide you.

Q: Where do I park when I come in for my personal training session?



You may park in the building parking lot, building garage or on the street. If you arrive for your session and cannot find a place to park, utilize one of the 15-minute parking spots.

Q: What is the inclement weather policy?

Fitness Together Tysons will be closed if the Federal government is closed. We will be operating on a normal schedule otherwise.

Q: How do I refer a friend to Fitness Together Tysons?

We have a referral policy! We would love the opportunity to have friends or family join us as a Fitness Together Tysons client. If you provide us contact information, we will get in touch with your referral and schedule them for a complimentary consultation. If your referral purchases a package of 36 or more sessions, **you will receive 3 free personal training sessions.**