



CLIENT – TRAINER AGREEMENT

Name: _____

Address: _____

Telephone: _____

E-mail: _____

I would like to take this opportunity to thank and congratulate you for joining our Personal Fitness Training and Wellness Program. Before you begin your journey, I would like to confirm some key points of agreement between the two of us.

- Appointments are 55 minutes and begin from scheduled time.
- Session will be paid for in advance in order to reserve a time slot.
- Eight (8) week programs or semi-private personal training are non-refundable and must be paid for up front for the entire course. Missed sessions cannot be made up.
- **Twenty-four (24) hours notice** is required for session cancellation to avoid being billed for an appointment.
- Your trainer will help you set realistic short and long term goals. These goals will be reviewed periodically.
- You will notify your trainer of any predisposing injuries prior to the session.
- You will perform an appropriate warm up to increase body temperature and enhance muscle pliability before the session begins, or you will inform the trainer you have not done one so that they may take you through a proper warm up. Your trainer will instruct you on how to do this during your first session.
- You understand there is a degree of assumed risk associated with physical activity and that working with a trainer will decrease, however, not eliminate the risk of injury.
- The trainer may take measurements, take pictures and do fitness assessments in order to monitor your progress.
- It is my mission to create both a productive and enjoyable workout experience for you. If at any time you have any questions or concerns please don't hesitate to ask me. Such feedback is appreciated, as it will help me serve you better.
- We reserve the right to terminate training at our sole discretion.

Thank you,

X _____
Trainer

X _____
Client

X _____
Date

X _____
Date