

PERSONAL TRAINING AGREEMENT



This agreement is made on this date _____ by and between _____ (the trainer) and _____ (the client)

Terms

The client hereby hires and retains the Trainer for a period of _____ beginning _____ and ending _____. The client shall be entitled to _____ sessions with the trainer. _____ (client signature)

Fees

For all services to be rendered by the trainer under this agreement, the trainer shall be paid at the rate of \$ _____ per session (Canadian Currency). The payment will happen on the first session which will include the remainder of the week. The fees shall be paid at the end of the training session, with the exact sum amount. _____ (client signature)

Cancellations

Cancellations **MUST** be made at least 24 hours in advance of scheduled sessions. Sessions cancelled less than 24 hours in advance will be charged at 75% to the client. **Cancellation of the contract made by the client will result in the remaining sessions charged at 75%** _____ (client signature)

Late Arrivals

Sessions shall be _____ minutes in length and shall start at the scheduled time. Sessions will not be extended due to the tardiness of the client or due to interruptions made by the client. Any client who has not arrived within 15 (FIFTEEN MINUTES) after the scheduled time, shall be deemed cancelled and will be charged for that session. _____ (client signature)

Refunds

In the event that a medical problem or prolonged circumstances prevents completion of the contract session within the time period set forth in agreement, the client may get a prorated refund. _____ (client signature)

Consent

I, the client have been informed, understand, and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are potentially hazardous activities. I also have been informed, understand, and am aware that fitness activities involve a risk of injury and that I am voluntarily participating in these activities and using equipment with full knowledge, understanding, and appreciations of the dangers involved. _____ (client signature)

This agreement may not be changed except by written amendment duly executed by all parties.

Trainer Print Name _____ Signature _____ Date _____
Client: Print Name _____ Signature _____ Date _____