# **Personal Training Agreement**

This agreement is made this date,	, by and between
(hereinafter "the Trainer") and	(hereinafter "the Client"), an individual
residing at	
Whereas	has a great deal of knowledge and expertise in the area of
physical fitness and personal training, and	d whereas the Client wishes to benefit from
	services, advice, and programs during the term of
this agreement	is willing to offer such services upon the terms and
conditions set forth in this agreement. The	e parties listed hereto agree to the following.

## Term

The Client hereby	hires and retains the Trainer for a period of	beginning
and ending	The Client shall be enti	tled tosessions with
the Trainer to be	attended within such time period. (	Initials)

#### Fees

For all services to be rendered by the Trainer under this agreement, the Trainer shall be paid a rate of \$\_\_\_\_\_ per session. The fees for all sessions shall be paid in full upon execution of this agreement. The Client may elect to pay such fees on a monthly basis where all payments will be made by the \_\_\_\_\_ of each month; the charge for late payments is \$\_\_\_\_\_. (\_\_\_\_\_Initials)

### 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 in full to the Client. (\_\_\_\_\_Initials)

### **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 minutes after the scheduled time shall be deemed cancelled and will be charged for that session. (\_\_\_\_\_Initials)

### Refunds

In the event that a medical problem or prolonged circumstances prevent completion of the contracted sessions within the time period set forth in this agreement, the Client may take an extended period of time, not to exceed 1 year, to complete said sessions. There shall be no cash refunds. (\_\_\_\_\_\_Initials)

#### 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. (\_\_\_\_\_\_Initials)

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

Executed this	_day of	, 20	
<b>Signatures</b> Trainer:			
Print name		Signature	Date
Client:			
Print name		Signature	Date