



Trainer/Client Agreement Form

In consideration of my being able to participate in the a Personal Training Program, I understand that I must purchase a single session or package of one of the following: In Studio Personal or Team Training, In Home Personal or Team Training, or sign up for Virtual Training, and must read, agree to and sign this agreement where I agree to the personal training policies and procedures.

I understand that the program is voluntary and that a Personal Trainer will develop and guide me through my exercise program. I will be required to undergo an initial fitness evaluation to assess my present level of fitness. During the program if my medications, condition, or medical limitations should change, I will notify the Trainer. I acknowledge that I have either had a physical exam and have been given my physician's permission to participate or I have decided to participate without approval of my physician. I understand that I have the complete right to stop or decrease exercise at any time during a session and that it is my obligation to inform the Trainer of any symptoms such as fatigue, shortness of breath or chest discomfort.

Client Promises to Trainer

1. Package sessions are non-refundable.
2. Package sessions must be paid in full and are scheduled at the time of sign-up.
3. Package sessions must be used within 2 weeks for a single session; 2 months for a 5 pack; 4 months for a 10 pack.
4. Client must give 24 hours advanced notice, less than 24 hours or a no-show will result in a charge to the package session.
5. Waiver/release form and Personal Training Agreement must be completed, signed, and on file prior to the beginning of the first session.
6. Training sessions will begin promptly at the time specified by the client and trainer and end either 30 or 60 minutes from that specified start time.
7. I will work to my full potential in order to help reach my goals and will communicate effectively with my trainer.

Trainer Promises to Client

1. I will be on time and ready for our session whether it is in studio or in home. If you opt for virtual training, I will deliver your program workouts weekly at the time mutually agreed upon.
2. If I cancel within less than 4 hours, your next session is free.
3. I will ask you to work hard and push outside your comfort zone to help you reach your goals, but I will never ask more of you than I know you can handle/achieve.

Client Signature

Date

Trainer Signature

Date
