



Congratulations on your decision to participate in an exercise program! With the help of your personal trainer, you greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits.

The details of these training sessions can be used for a lifetime for both your health and well-being. In order to maximize progress, it will be necessary for you to follow the program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are EQUALLY important! During your exercise program, every effort will be made to assure your safety. Your trainer is there to invest time in you so please do ask for advice and work closely together.

As with any exercise program, there are always risks, including increased heart stress and the chance of musculoskeletal injuries, it is important to listen to your trainer and only do exercises alone once able. During your program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program. By signing below, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by the leaders of the program. You and your personal belongings are your responsibility.

It is recommended that all program participants work with their personal trainer at least 3 times per week, this can be in classes, one to ones and recommended home/gym workouts as shown in your one to ones. However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible and sometimes needed.

To gain maximum results both diet and fitness must match, advice can be given in your one to ones. Please be attainable. Routine and healthy lifestyle choices will benefit your health now and in the future.

Personal Training Terms and Conditions:

1. Personal training sessions that are not rescheduled or cancelled 24 hours in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session.
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
3. The expiration policy requires completion of all personal training sessions within 120 days from the date of the contract. Personal training sessions are void after this time period.
4. No personal training refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions. If doctors note is issued training sessions can be re booked
5. Payment for sessions must be paid 48 hours before session start date, these are non-refundable.
6. if you cancel 2 sessions in a row these can not be re-booked, one session can be re-booked.

Full Name: _____

Signed: _____ Date: _____



I WILL LOOK FORWARD TO SEEING YOU AND GOOD LUCK ON YOUR NEW PERSONAL TRAINING PROGRAM FOR A BETTER HEALTHIER YOU!