



Class or Personal Training Contract/Agreement

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.

In order to maximize progress, it will be necessary for you to follow 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. However, as with any exercise program, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In volunteering for this 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 and understand that no responsibility is assumed by the leaders of this program.

It is recommended that all participants do their best to attend the classes/training sessions on a weekly basis.

Personal Training Terms and Conditions

- 1) Personal Training sessions/classes that are not rescheduled or cancelled 24 hours in advance will result in forfeiture of the session and a loss of financial investment at the rate of one session.
- 2) Clients arrive 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.

Group Class Terms and Conditions

- 1) All Group Class Times are available for you to make up any classes you miss with your regular scheduled class
- 2) Clients who arrive late will be responsible for a proper warm up before joining other participants.
- 3) All Classes are paid in full at the beginning of the month. Late payments will be subject to a \$10 late fee.
- 4) No refunds will be issued for any reason, including but not limited to un-attendance, illness, missed classes.

Total investment: \$ _____

Method of payment: _____

We wish you the BEST with your New Health and Fitness Goals!

Participant's Name (print): _____

Participant's Name (signature) _____

Trainer's Signature: _____ Date: _____