

Personal Training Agreement



Congratulations on beginning your journey towards a happier and healthier you. Your personal trainer will work with you to determine what your health and fitness goals are, and to support you in making them happen. In order to achieve your goals we requires you to work with your trainer as a team. Here are some things we invite you to commit to, these commitments will further enhance your success.

- ✓ Our policy requests 24 hours of notice if you need to change or cancel an appointment. We understand that on occasion it will happen, but every cancellation will put you further away from reaching your goal. The trainer has the option to charge for the missed session if less than 24 hours of notice is given.
- ✓ Please contact your trainer directly to book or change an appointment. Contact information can be found at the bottom of this page.
- ✓ Booking multiple appointments for the week will not only guarantee you your preferred time slot, but it will also further motivate you to fulfill the commitment you have made to yourself.
- ✓ A quick 5-10 minute warm up should be completed before the session begins. This way you will receive the full 60 minutes of focused training.
- ✓ Please make sure you have had a sufficient amount to eat and drink throughout the day prior to the workout. We want you to reach 100% of your potential from each session. If you are unsure what diet is appropriate for you, please ask your trainer for guidance.
- ✓ Within your session attempt to maintain focus during your time spent training. Our job is to ensure the hour spent with your trainer is positive and focused specifically on your development.
- ✓ Please be honest about the number of times you are working out on your own time and about your eating habits. Your trainer needs to know all relevant information in order to properly track your progress and make the right decisions to help you meet your goals.
- ✓ Your trainer will design solo workouts for you to do on your own; please follow them. The workout is designed specifically for your training phase. Deviating from this program may slow your progress.

Let's work as a team to reach your goals and to make training a priority. It's time to take back your body and become a happier and healthier version of yourself.

Member Name: _____ Signature: _____ Date: _____

Trainer Name: James Prebble Signature: _____ Date: _____

Contact information – Cell phone (call/text): (289) 688 – 4700 Email: Prebble.James@gmail.com

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Assumption of risk and 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. I understand that precautions will be used during this evaluation/training program to prevent physical injury to me. However, in the event of physical injury resulting from the fitness evaluation procedures, equipment usage or training protocols, no medical treatment or monetary compensation will be provided. I assume the full risk associated with the participation in the training programs and agree to hold harmless. I acknowledge my trainer is relying solely on information provided by me regarding my medical history and physical condition. I certify that I have made a complete disclosure of my medical history and physical condition, and that the information provided is true and correct.

Session cancellation: I, the Client, understand that individual session cancellations are to be made at least **24 hours** in advance of the session time, failure to do so will result in the cancellation of that session, and that I will be charged for the session. I understand that arriving 15 minutes late without notifying my trainer for the session will also result in cancellation of that session and I will be charged for the session.

Refunds: In the event that a medical problem or prolonged circumstances prevents completion of the sessions, the Client may be compensated at the discretion of the trainer. Amount of compensation will be determined upon presentation of medical documentation.

Sessions expire after 6 months of absence from training without reasonable cause.

I hereby understand and agree to the terms and conditions of this contract.

Client Signature

Date

Trainer Signature

Date