

## PERSONAL TRAINING AGREEMENT

Name:

### THE CLIENT

- I agree to give 24 hours' notice for cancellation of sessions. I understand that if 24 hours' notice is not given, the fee for that session will still stand.
- I understand that if I receive credit for a missed session, the credit must be used within 30 days of the missed session or it will be waived.
- I understand that payments are non-refundable and cannot be cancelled. However, sessions may be suspended at the discretion of the trainer for a maximum of 4 months from the start date. Remaining sessions can also be transferred to another client.
- I understand that the PAR-Q form, Doctor's approval (if applicable) and this Personal Training Agreement must be completed and signed prior to the first session.
- I understand that payment must be made in advance of the first session. Failure to make payment will result in the cancellation of the personal training programme.
- I understand that the results achieved from personal training are a combination of exercise, nutrition and my own personal genetics. Further I recognise that my genetic makeup is out of my Personal Trainer's control.
- I understand that if I am late for a session, the session may be cut short and the full fee will still apply.
- I understand that rates for personal training are subject to change and reviewed annually in May. Prepaid sessions that are unused at the time of a rate change will be honoured at the prepaid price.
- I understand that to receive the reduced rate, a block of at least 4 sessions must be paid for.
- I understand that exercise involves certain risks, including but not limited to; serious neck and spinal injuries resulting in complete or partial paralysis, heart attack, stroke or even death. Additionally, injuries could occur to bones, joints or muscles. Slips, falls and unintended loss of balance could result in muscular, neurological, orthopaedic or other bodily injury.

- I understand that I have control of the workout and may terminate a particular exercise or workout at any time. Further to this I understand that it is my obligation to inform my trainer of any symptoms such as fatigue, shortness of breath or chest discomfort.
- I agree that the trainer can terminate a particular exercise or workout at any time if the trainer believes I am not in a suitable condition for exercise.
- I understand that my Personal Trainer is not a doctor, physiotherapist or dietician and that the advice offered is optional and not a replacement for professional advice from experts within specialist fields.
- As a courtesy, the trainer would appreciate being given 4 weeks' notice before terminating training, however, this is not obligatory.

#### THE TRAINER:

- I agree to give the client 24 hours' notice for cancellation of sessions. I understand that if 24 hours' notice is not given an additional free session will be provided.
- I agree that upon cancellation of a session, the session will be rearranged at a convenient time for both client and trainer.
- I understand that if I am not on time for a session, the time will be made up at the end of the session or a subsequent session.
- I agree that the devised personalised programme will be chosen and tailored to the client's needs and goals.
- I agree to teach and guide the client regarding proper exercise techniques and nutritional practices to the best of my ability.
- I agree to honour the client's full booking or arrange a suitable replacement that is acceptable to the client.
- I agree to keep my insurance, first aid and qualifications up to date.

THE CLIENT:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent/Guardian's Signature (if client is under 16 years old): \_\_\_\_\_

Date: \_\_\_\_\_

THE TRAINER:

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_