

PERSONAL TRAINING CONTRACT/AGREEMENT

Congratulations on deciding to improve yourself through personal training. My aim is to assist you to accomplish all your training goals as quickly and safely as possible.

As with any exercise program, there are risks, including increased heart stress and the chance of muscular skeletal injuries.

In volunteering into an exercise regime, 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 physical conditions or disabilities that would preclude an exercise program.

You also acknowledge that in the event that your health changes, you will inform me so I can re assess future training sessions.

A physician's examination is recommended for all participants with any exercise restrictions, men >45 years old and women >55 years old. Personal training participants in either or both of these categories who do not have a prior physical examination acknowledge that they have been informed of its importance.

By signing below, you accept full responsibility for your own health and well being and you acknowledge an understanding that I assume no responsibility outside of my supervision.

PERSONAL TRAINING TERMS AND CONDITIONS

1. Personal training sessions that are not rescheduled or cancelled 12 hrs in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session.
Cancellations can be made to 0433 043 676.
2. If you arrive late you will receive the remaining scheduled session time, unless other arrangements have been previously made.
3. The expiration policy requires completion of all personal training sessions within 120 days from the date of the purchase/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.

Participant's name (printed):

Participant's signature:

Date: