



Personal Training Contract

Personal Training Policies & Procedures

- 1) Package sessions are non refundable.
- 2) Package sessions must be paid in full at the time of sign up.
- 3) Package sessions must be used within the allotted time as discussed below.
- 4) Client must give 24 hours advance notice, less than 24 hours or a no-show will not be refunded.
- 5) Fitness Questionnaire, Health History, Liability Waiver, General Information and Physician Approval (if applicable) must be completed, signed, and on file prior to the beginning of the first session.
- 6) Training sessions will begin promptly at the time specified by the client and trainer.

Administered Services

- 1) Conduct benchmark testing and goal assessment with client
- 2) Design a personal training program for the client
- 3) Be available to answer any questions within the scope of Personal Training presented by the client

Please Select One of the Below

SINGLE SESSIONS

GOOD THROUGH

<input type="checkbox"/>	\$35	Hour long session	4 Weeks After Purchase
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PACKAGE DEALS

<input type="checkbox"/>	\$300	10 hour long sessions (\$5 savings per session)	6 Weeks After Purchase
<input type="checkbox"/>	\$560	20 hour long sessions (\$7 savings per session)	12 Weeks After Purchase
<input type="checkbox"/>	\$780	30 hour long sessions (\$9 savings per session)	18 Weeks After Purchase

Referred by:

Signature of Referrer

Date

Signature of Client

Date

Printed name of Client

Signature of Parent/Guardian if under the age of 18

Date

Printed name of Parent/Guardian

Signature of Trainer

Date