



## Client/Personal Trainer Agreement

This agreement ensures that the role of the trainer to client and client to trainer is clearly appreciated and understood. This agreement must be signed prior to beginning the training sessions. To keep this program running smoothly, we would like to outline the following client responsibilities:

1. The training fee must be paid when filling out the Personal Trainer Intake form. This entitles the client to one 45min long (45 minute) training sessions, which will include exercise counseling and prescription.
2. These completed forms will be used in establishing your baseline and are entirely confidential- as are all of your sessions.
3. Be on time for meetings with your Personal Trainer. Typically each session is 45 minutes; however, a more flexible length can be established. The time of sessions is to be agreed upon between the trainer and the client.
- 4 If the client is late, the session will only last until the end of the hour that the session was scheduled.
5. Any tardiness of more than ten minutes or absence without proper notification will result in the loss of the session.
6. If a session needs to be cancelled for any reason other than an emergency, a 24-hour notice must be given to the trainer. Failure to do so will result in the client forfeiting the session and no payment reimbursement will be granted.
7. No roll-over sessions or refunds will be granted, except for medical reasons, which must be endorsed by your physician.
8. It is recommended that you bring a towel and most importantly a water bottle to every session.

### TRAINER RESPONSIBILITIES:

1. The trainer will design a safe, effective exercise program on an individual basis that reflects the client's objectives, fitness level, and experience.
2. If the trainer is late for a session, that time is owed to the client at no additional charge.
3. Once you have purchased a personal training package, your trainer will contact you within the next 3 days either by phone or email.
4. The trainer will maintain an open line of communication throughout the course of service.

By signing this agreement you indicate that you understand YOUR roles and will do your part to ensure the best results for the goals set.

Client's Signature: \_\_\_\_\_

Date \_\_\_\_\_ Trainer's

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