

Personal Training Agreement

Client Name: _____ Home Phone: _____

Address: _____ Work Phone: _____

As Personal Trainers WE commit to:

1. Maintain availability for Personal Trainer services during hours mutually agreed upon at sign-up and to work with you to modify these hours as needed.
2. Always be prompt and prepared for each Personal Training session.
3. Work with you to outline an exercise plan that is focused on the achievement of short and long term goals that WE have agreed upon.
4. Be appropriately dressed in HealthLinks Personal Trainer attire during each of our sessions.
5. Appropriately track your exercise progress, using both objective and subjective measures, and to share this information with you at regular intervals during the course of your program.
6. Maintain confidentiality with respect to your exercise program at all times.
7. Provide you with a way to communicate unexpected schedule changes so that neither of us is unduly inconvenienced.

As a Personal Training client, WE ask that YOU:

1. Attend promptly and be prepared to exercise at all scheduled Personal Training appointments.
2. Communicate all relevant personal information (i.e. past medical history) in order that we are able to provide you with a safe, yet challenging Personal Training experience (a completed Health Screen questionnaire and Medical History and Informed Consent to Exercise is required).
3. Make a commitment to exercise regularly outside of the scope of your scheduled Personal Training visits.
4. Provide reasonable notice of your intent to cancel or change a scheduled Personal Training session (24-hour notice is preferred).
5. Provide us with a way to communicate unexpected schedule changes so that neither of us is unduly inconvenienced.

Additional terms of this Personal Training agreement:

1. A Personal Training session will be assessed when:
 - a. WE complete the session as scheduled
 - b. YOU do not communicate the need to change a scheduled appointment with at least 12 hours notice.
 - c. YOU arrive more than 15 minutes late for a session (this session may be shortened but will be held).

- d. YOU must leave a session before it is completed.
- 2. A Personal Training Session will not be assessed when:
 - a. WE cancel a scheduled session (if WE cancel without at least 12 hours notice, WE agree to provide you with an additional session at no charge.
 - b. An emergency situation occurs and WE are unable to complete the scheduled session.
- 3. Session packages should be redeemed as follows:
 - a. One (1) session – within 30 days of the purchase date.
 - b. Three (3) sessions – within 60 days of the purchase date.
 - c. Five (5) sessions – within 90 days of purchase date.
 - d. Ten (10) sessions – within 120 days of purchase date.
 - e. Twenty (20) sessions – within 150 days of purchase date.
- 4. ALL PERSONAL TRAINING SESSIONS ARE NON-REFUNDABLE AND NON-TRANSFERABLE.

I HAVE READ, UNDERSTAND, AND AGREE WITH THE ABOVE STATED TERMS:

Signature of PT Client Signature of Personal Trainer Today's Date

YOUR FIRST PERSONAL TRAINING SESSION IS SCHEDULED FOR: _____