PERSONAL TRAINING CONTRACT / AGREEMENT

Congratulations on your decision to improve your health by participating in a professional exercise program!

With the help of me, your personal trainer, you wil greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The education you will learn during these training sessions can be used for a lifetime.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and, if applicable, unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

It is recommended that all program participants work with their personal trainer three (3) times per week. However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible.

PERSONAL TRAINING TERMS & CONDITIONS:

1. Personal training sessions that are not rescheduled or cancelled 24 hours in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session.
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
3. The expiration policy requires completion of all personal training sessions within 60 days from the date of the purchase. 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.

Description of program:

[ ] Personal Training -Denver - 8 Punch Card
[ ] Personal Training -Home Gym - 8 Punch Card
[ ] Personal Training Group - Denver - 8 Punch Card

Name: _____
Sign Name: _____
Date: _____

I AM EXCITED TO BEGIN WORKING WITH YOU!

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