Personal Training Agreement

Liliana Sá, Certified Personal Trainer

Education, Certifications, etc

Client Name:\_\_\_\_\_Aaron D. Sims\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Agreement Date:\_\_\_\_\_\_July 17, 2019\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Trainer Responsibilities:**

* arrive on time at scheduled session
* provide un-interrupted instruction for duration of session
* maintain general liability insurance
* provide client with at least 24 hours’ notice of any necessary scheduling changes
* provide and maintain exercise log
* remain current with applicable professional certificate(s)

**Trainee Responsibilities:**

* Accurately complete health history
* Notify trainer of any changes in medical condition or injury
* Provide 24 hour notice of any necessary scheduling changes
* Comply with payment policy as set forth below
* Arrive on time for scheduled session and provide Trainer with un-interrupted attention

**Scheduling and Fees**

* Training sessions are purchased in advance
* Fees are nonrefundable
* Sessions can be transferred to another person
* Cancellations by Trainee within 24 hours of scheduled session are forfeited
* Cancellations by Trainer result in credit of session + 1 additional session
* Payment will be made prior to training scheduled
* All Packages include a free initial assessment

**Programs:**



Client / Trainee Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Trainer Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_