



Personal Training Agreement

Welcome to *Living Fit Personal Training* and congratulations on beginning your personal training program! We are delighted you chose us as a part of your commitment to health and fitness. With the help of your personal trainer, you will improve your ability to accomplish your training goals faster, safer, and with maximum benefits.

In order to maximise progress, it is important to follow program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

The following information will provide you with important program policies. Before getting started, please read and sign this form to acknowledge that you have read and understand the following information.

Personal Training Information and Policies

This Agreement is made and entered into on the _____ of _____, 2016, by and between Trainer and:

_____ Email Address _____
Full Name

_____ Phone _____
Address City

_____ Phone _____
Emergency Contact Phone

("Client") and Trainer. In consideration of the mutual promises exchanged herein and other good and valuable consideration, the parties agree as follows:

- 1. Commitment:** By purchasing Sessions, Client is making a commitment to his/her health. Clients should follow the program and instructions of Trainer to the best of their ability to maximise their results and better achieve their goals. Remember, the ultimate results are up to the Client: Trainer will show Client how to work his/her muscles correctly and encourage him/her to go to his/her safe limit, but Client is the only one who can make sure he/she works out consistently, eats properly, gets plenty of sleep, and lives a healthy lifestyle.

Specifics: Trainer and Client shall agree upon the time, program type, content, and location of personal training sessions ("Sessions") at the rate set forth in this agreement.

- 2. Length of Sessions:** Sessions will last approximately 60, 45 or 30 minutes (depending on your chosen training schedule).
- 3. Punctuality:** Client shall be attired as discussed below and ready to train at the time specified in point four (4). Failure to be prepared to train may result in a shortened workout or possible cancellation of the Session under point seven (7) below if Client is more than fifteen (15) minutes late. If Client anticipates running late, he/she should contact the Trainer as soon as possible.
- 4. Attire:** Client must wear comfortable workout attire, including, but not limited to, clean t-shirts, shorts, tights, sweats, and/or tracksuits. Athletic shoes must be supportive and functional. Workout gloves are optional. Please do not hesitate to ask Trainer for advice on what type of clothing and shoes is appropriate.

5. **Stopping Exercises:** Client may refuse or stop any exercise for any reason. It is Client's responsibility to notify Trainer of any discomfort or pain arising from or during exercise, as well as, any and all other known limitations Client has or experiences so that Trainer may accommodate Client and substitute another exercise to work that particular muscle group.
6. **Payment:** All payments must be made in advance of sessions. Payments can be made via the website shop page at www.livingfitpt.com.au or via bank deposit or PayPal only (on request). It is CLIENT'S RESPONSIBILITY to pay his/her bill.
7. **Cancellation of Sessions: Twenty-four (24) hour cancellation notice,** by phone, is required for rescheduling or canceling any and all individual Sessions. Any and all cancellations with less than twenty-four (24) hours notice will result in a penalty payment of 50% of the session cost payable. Any and all cancellations with less than twelve (12) hours notice will result in forfeiture of the session and a penalty payment of the full amount of the session payable. If Trainer must cancel a Session, he/she will do so, by phone, with at least twenty-four (24) hours notice or Client will receive a *complimentary* Session for his/her inconvenience. This complimentary Session must be used within 30 days of the date of the cancelled Session. After 60 days, the offer of a complimentary Session will expire.
8. **Program/Session Block Cancellation:** If you enter into an 8, 10 or 12 weeks program agreement or pre-purchase a block of more than one session (private and buddy sessions only), there is no refund for any and all payments for that program, including deposit and weekly payments. By committing to your chosen program you are committing to paying for that program in full, regardless of whether or not you complete it. If you cease training before your program duration is complete and are on a weekly payment plan, the weekly payments will continue until your program is paid for in full.
9. **Session Block Expiry:** All blocks of two or more sessions will expire without refund after six (6) months. Exceptions may be made in extenuating circumstances, which can be discussed with your trainer at the time.

**WE ARE SO EXCITED TO BE WORKING WITH YOU AND WISH YOU THE BEST OF LUCK ON YOUR NEW
PERSONAL TRAINING PROGRAM!**

Participant's signature

Date

Trainer's signature

Date