



PERSONAL TRAINING CONTRACT

Trainer Responsibilities

- 1.Trainer will design a personalised programme that meets the client's needs and goals
- 2.Trainer will provide guidance regarding proper exercise technique
- 3.Trainer will evaluate and modify the programme as necessary, according to the client's progress and needs
- 4.If the trainer is late, that time is owed to the client
- 5.Trainer will provide minimum 24 hrs cancellation notice

Client Responsibilities

- 1.Personal training sessions that are not rescheduled or cancelled 24 hrs in advance will result in loss of that session
- 2.Clients arriving late will receive the remaining scheduled session
- 3.The expiration policy requires completion of all sessions within 5 weeks from the start date
- 4.No refunds will be issued for any reason
- 5.Client certifies that they do not have any injuries that will affect their ability to participate in physical exercise
- 6.Client will advise trainer of any pain / discomfort or distress resulting from the sessions
- 7.Payment must be made in advance of the first scheduled session each month

Fees:

The amount due each month is £280. Minimum term is 12 weeks. Cancellation of term requires 4 weeks notice.

Signed:

Trainer _____

Client _____