



Client / Personal Trainer Agreement

This agreement confirms that the role of the trainer to client and client to trainer is clearly appreciated and understood. This agreement will be signed prior to beginning the training sessions.

Client Responsibilities

_____ The payment for training sessions is to be paid in full upon initial session.

_____ It is the client's responsibility to complete the allotted training sessions within the contracted time. For example, if a client commits to 2 sessions per week for 4 weeks, the client is expected to use those 8 sessions within the 4 week period (1 Month). However, an extension of a 1 week grace period will be given due to any special circumstances, for a total of 35 days (5 Weeks) to use the allotted sessions.

_____ Sessions do not roll over from one month to the next. Unused sessions will expire after 35 days.

_____ If a client is unable to attend a session, a 24 hour cancellation notice is expected. Failure to provide proper notice will result in a forfeited session. In other words, a no call/no show cannot be made up.

By signing this agreement, the client acknowledges and agrees that no credit or refund shall be given for sessions missed, except at the discretion of
Lauren Ibarra Fitness Training.

Client Name: _____

Client Signature: _____ Date: _____

Trainer Name: _____ LAUREN IBARRA _____

Trainer Signature: _____ Date: _____