

Personal Training Agreement and Liability Waiver

Business: Personal Training Folsom (PTF)

Trainer: Walter Uston

Phone: (714) 916-3422

Website: PersonalTrainingFolsom.com

1. Services Provided

Personal Training Folsom (PTF) agrees to provide customized personal training services to help clients improve their fitness, health, and overall well-being. Sessions may take place at One on One Fitness, in clients' homes, or local parks. Training may include strength, cardio, flexibility, mobility, and functional fitness exercises tailored to the client's goals and abilities.

2. Payment and Scheduling

- All sessions or packages must be paid for in advance.
- A minimum of 24 hours' notice is required for cancellations or rescheduling to avoid being charged in full.
- Sessions expire 90 days after purchase unless otherwise stated.
- Trainer reserves the right to reschedule sessions with reasonable notice.

3. Client Responsibilities

Clients agree to arrive on time, ready to train, and to communicate any injuries, health changes, or limitations. Clients must follow all trainer instructions and maintain proper form to help prevent injury.

4. Assumption of Risk and Waiver of Liability

I understand that participating in a fitness program involves inherent risks, including but not limited to: muscle strains, sprains, cardiovascular events, or injury from equipment or environment. I voluntarily assume all risks and agree that Personal Training Folsom, its trainers, employees, and affiliates are not liable for any injury, loss, or damage arising from participation, whether caused by negligence or otherwise.

5. Medical Clearance

I confirm that I am physically able to participate in exercise and have either received medical clearance or am voluntarily choosing to participate despite any health risks or conditions.

6. COVID-19 and Illness Policy

If I am feeling unwell, have tested positive for COVID-19, or have been in close contact with someone who has, I will inform my trainer and reschedule my session without penalty. Likewise, the trainer will do the same.

7. Release of Liability

I release and discharge Personal Training Folsom and its trainers from any and all claims, demands, or causes of action arising out of participation in personal training sessions or related activities.

8. Photo & Video Release (Optional)

- ☐ I give permission for my image to be used for marketing, social media, or educational purposes.
- ☐ I do not give permission for my image to be used.

9. Agreement

This document represents the full understanding between client and trainer. Either party may terminate this agreement with written notice. Unused prepaid sessions are nonrefundable except under special circumstances.

Client Name: _____

Signature: _____ Date: _____

Trainer: Walter Uston

Signature: _____ Date: _____