



Kustom Made Bodies Personal Training Contract

Name: _____ Date: _____

Commitment/Financial/Attitude Agreement

I have agreed to participate in a program of physical exercise under the instruction of any trainer hired or contracted with **Kustom Made Bodies (KMB)**. Training may include, but is not limited to, weight and/or resistance training, cardiovascular training, and floor mat exercises.

Kustom Made Bodies (KMB) agrees to instruct, assist, and train me to reach my identified fitness goal(s) for the cost of \$_____ per hour, with a non-refundable initial consultation fee of \$35.00. Sessions are to be paid every Sunday **PRIOR** to the week of training. **NO EXCEPTIONS.**

I realize that a large portion of my success will be based on my commitment to follow instruction, changing my lifestyle, and my attitude towards the fitness programme. **Kustom Made Bodies (KMB) cannot guarantee results,** but my willingness to work hard will improve the opportunity of my success.

I have read the above policy and agree to its terms as it applies to my personal training package.

Signed: _____ Date: _____

Late/No-Show/ Cancellation Agreement

Our main goal is to provide the best possible service to our clients.

Kustom Made Bodies (KMB) works on an appointment-based schedule to allow you the time required for your personal training session.

Sessions will generally be 60 minutes. Please be on time for your appointments. If you are late for a session, it will still end at the scheduled time. If you are more than 15 minutes late for a session, it will be considered a no-show, and you will forfeit the session.

Due to this schedule, it is important that you give us sufficient notice when you need to cancel an appointment. This means a cancellation should be made at least 24 hours before the scheduled appointment. Failure to cancel a training session within this time will result in you being charged for the session. Should you wish to reschedule an appointment, a minimum of 24 hours' notice is required. We will do our best to accommodate this. If you cancel with less than 24 hours' notice, you **will not** be able to reschedule.

We understand that emergencies happen. We provide every client with **one** free short-notice cancellation. **You will not be charged for your first cancellation with less than 24-hour notice.** Subsequent short-notice cancellations will be charged for the session. The free short-notice cancellation only applies if we are notified prior to the session start time. No-shows are not eligible for the free cancellation.

I have read the above policy and agree to its terms as it applies to my personal training package.

Signed: _____

Date: _____