



THIS PERSONAL TRAINING CONTRACT ENTERED ON _____ (DATE), BETWEEN
VMS ACADEMY AND _____ (“CLIENT”),

1. The parties (“Client” and “VM Sports Academy”) agree to the following terms and Conditions:

I. Client is engaging for personal training services to be provided by Company’s Trainer for **12 weeks**.

II. Sessions times will vary based on the needs of the client, but will range from 30-45 minutes.

III. Trainer’s will create an exercise program geared to Client’s fitness level and experience to meet Client’s goals.

IV. Client agrees to sign the attached Informed Consent and Assumption of Risk and Release of Liability.

V. Client agrees to inform VM Sports Academy of all conditions, medical or otherwise, that may affect his/her ability to participate in Training Sessions.

2. Training Sessions may include, but are not limited to, the following activities:

Testing of physical fitness; exercise; aerobics and aerobic conditioning; cardiovascular training; weightlifting and training; martial arts and stretching.

3. Training Package and Payments:

Client is purchasing Training Sessions at a rate of (please check preferred option)

One on One in Person or Virtual:

3 times/week \$30 per Session
2 times/week \$40 per Session
1 time /week \$50 per Session

Online Coaching 12-week program:

1 meet/week \$37.50 \$450 total (10%OFF if paid in full)

APPOINTMENTS MADE UPON PAYMENT. IF YOU NEED SPECIAL SCHEDULE ACCOMMODATIONS, PLEASE MAKE YOUR PAYMENT UPFRONT, APPOINTMENTS ARE NONREFUNDABLE AND MISSED APPOINTMENTS MUST BE MADE UP IN SAME WEEK DURING OPERATING HOURS, OTHERWISE THEY WILL BE LOST.

4. Cancellation of Training Session: Client shall provide twenty-four (24) hour notice of any necessary cancellation of a scheduled Training Session. Failure to provide reasonable notice in cancelling/rescheduling of appointment will result in Client being charged the full rate for the cancelled/missed Training Session (at trainer’s discretion).

5. Indemnity:

Client agrees to indemnify and hold harmless VM Sports Academy for any injuries, illnesses, and the like experienced as the result of Client’s Training Sessions.

6. Termination:

If the Client decides to terminate the agreement, the Client must provide at least a 2 Week notice.
No prepaid appointments are refundable.

7. Warranties:

While VM Sports Academy fully believes exercise, specifically exercise personalized to the Client, is beneficial to the Client's health and wellness, VM Sports Academy cannot guarantee the results of Training Sessions. VM Sports Academy makes no representations and/or warranties that Client will lose weight, gain muscle mass, be able to engage in any specific physical and/or athletic activity, or will attain any other particular and/or specific results unless the client under **DNA** Based Coach Program with a separate enclosed condition.


VM Sports Academy strongly encourages Clients to follow a healthy diet in conjunction with personal training and continued exercise.

8. Entire Agreement:

This document reflects the entire agreement between the two Parties and reflects a complete understanding of the Parties with respect to the subject matter. All sales are final. This Contract supersedes all prior written and oral representations. The Contract may not be amended, altered or supplemented except in writing signed by VMS Academy and Client.

9. BY SIGNING BELOW, THE CLIENT ACKNOWLEDGES HAVING READ AND UNDERSTOOD THIS CONTRACT AND THAT THE CLIENT IS SATISFIED WITH THE TERMS AND CONDITIONS CONTAINED HEREIN. THE CLIENT SHOULD NOT SIGN THIS CONTRACT IF THERE ARE ANY BLANK SPACES. YOU ARE ENTITLED TO A COPY OF THIS CONTRACT AT THE TIME YOU SIGN IT.

The Parties agree to the terms and conditions set forth above as demonstrated by their signatures as follows:

VM Sports Academy
Signed:  By: VMS Academy "London/Egypt" Date: _____

"CLIENT"
Signed: _____ By: _____ Date: _____