

MAXXIMUM-FITNESS
PERSONAL TRAINING
The Total Approach to Fitness

Certified Fitness Professional - Master Trainer Jonathan Blackburn www.maxximum-fitness.com 410-739-3901

Fitness Training Agreement

Congratulations on your decision to transform your body. With the assistance of Personal training, you will greatly improve your ability to reach your personal fitness goals more effectively and efficiently. The information covered in your personal training program will be very beneficial and applicable for a lifetime of fitness.

The following is a contract agreement entered unto and between:

_____ (CLIENT) and
Jonathan Blackburn / Maxximum Fitness (Trainer) for a _____ month training period.

In order to obtain the greatest results, it is **MANDATORY** for you to adhere to your training and nutrition guidelines during your training and non-training days. **NUTRITION IS EQUALLY IMPORTANT.**

During your training sessions every effort will be made to ensure your safety. However, as with any exercise program, there are risks, including increased heart stress, the chance of musculoskeletal injuries, and in rare cases, death. In participating in this program you fully understand that as a participant in an individualized, vigorous conditioning program pursuant to the health history questionnaire, you intend to and will engage in strenuous physical activities as part of your overall conditioning program. You understand that these activities involve certain risk and exposure to personal injury. For the purpose of evaluating, designing, and implementing my conditioning program, I will voluntarily engage in these activities. You agree to assume full responsibility for these risks and waive any responsibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disabilities that would preclude an exercise program.

A physician's examination is recommended for all participants with any exercise restrictions and for those persons over 40 years of age. Personal training participants in this category without a physician's exam acknowledge they have been informed of its importance and to accept full responsibility for their health and well being.

Client's Initials: _____

Release of Liability: I, the signed applicant, agree and understand that I must report any and all injuries immediately to Jonathan Blackburn / Maxximum Fitness. It is further agreed that I shall undertake all exercises at sole risk and Jonathan Blackburn / Maxximum Fitness shall not be liable to me for any claims, demands, injuries, damages, actions or courses of action whatsoever, to my person or property arising out of or connecting with the use of the services and the facilities of Jonathan Blackburn / Maxximum Fitness by me. I do expressly hereby forever release and discharge Jonathan Blackburn / Maxximum Fitness; it's agents and employees from all acts of active passive negligence on the part of Jonathan Blackburn / Maxximum Fitness it's servants, agents and employees.

Clients Initials: _____

Name: _____ Date: _____

Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

E-mail address: _____ Emergency Contact: _____

Terms and Conditions: _____

- Payment agreement for session packages must be initiated before start program.
- Training sessions are for one hour in length unless other arrangements are made.
- No refunds on sessions once agreement has commenced.
- When signing this agreement; client agrees to pay the full amount of this contract agreement. In the event that the client wishes to terminate this agreement; client agrees to pay half of the remaining balance of the selected package in full within 60 days from notification given. If balance is not paid in full within 60 days; client agrees to re-pay the remaining balance within 3 monthly installments and a additional penalty fee of \$250.00
- **24-hour notice of cancellation is required should you wish to cancel the training session. Failure to give required notice will result in charge for the session. Late arrivals will have only the time remaining from the scheduled time to continue the session. ALL sessions must be completed with-in a 30 day period. Unused session will be charged. Monthly charges will occur automatically until total amount of sessions are complete or an early termination fee is paid.**

Clients Initials: _____

- **For plan A** – Fit-Track Coaching; Fitness Evaluation, Nutrition consultation and (6) week Program design with (6) week follow-up and reassessment.
- **For Plan B** – (6) Month subscription monthly training packages consist of (8) sessions training 2 times per week sessions must be completed within a 26 week time frame.
- **For Plan C** – (12) Month subscription monthly training packages consist of (12) sessions training 3 times per week; sessions must be completed within a 50 week time frame.
- **For Plan D** – Optional - Virtual / Personal Training / Specialty package consist of _____ sessions training _____ times per week; sessions must be completed within a 4-5 week time frame. For Group training there are no make-up sessions for missed training days.
- Charges will occur for the incomplete sessions.
- All clients are encouraged to commit regularly recurring sessions at consistent times.

Session Start Date ____ / ____ / _____

Plan Purchased _____

Number of Sessions _____

Gift Sessions _____

Training Packages	
Plan A:	Fit-Track Coaching \$ _____ (Per month) (1) Session with (6) week follow-up .
Plan B:	(48) Sessions / 6 Month subscription. Training 2x's per week. \$ _____ (Per month)
Plan C:	(144) Sessions / 12 Month subscription. Training 3x's per week. \$ _____ (Per month)
Plan D:	Optional Training 6 month subscription \$ _____ (Per month)
Other/Specialty _____ Boot Camp _____ Cardio Kickboxing _____	

Additional Services & Costs: _____ **Total Cost \$** _____

Client commits to train with Jonathan Blackburn / Maxximum Fitness Personal Training for:

1 2 3 4 5 6 7 session(s) per week for a ____ month training period on the following days.

Mon Tue Wed Thu Fri Sat Sun

(Client)

Date / /

Jonathan Blackburn

(Trainer)

Date (same as above when signed by client)