Personal Training Agreement **![C:\Users\benn.dmwr.smithfc\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3I6L1LPL\MC900078746[1].wmf]()**

Effective Date \_\_\_\_/\_\_\_\_/\_\_\_\_\_\_

Personal Trainer Ronnie Duckworth Jr.

Business Email Address: fitandwell2023@gmail.com

Client’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To conduct my business effectively and efficiently the following terms and conditions apply:

If a training session is not canceled with twenty-four hour advance notice The Client will be charged. However, individuals’ circumstances will be taken into considerations. So please contact the trainer as soon as possible.

Please maintain communication with The Trainer a lapse of more than seven days will result in a lost time slot.

Rescheduling a session time slot will be accommodated on a first come first serve basis. It is most important for a client to have a consistent schedule.

If you need to reschedule occasionally that is okay. However, if it is on a consistent basis it may result in the loss of your time slot.

If a client is more than twenty minutes late for a training session and has not notified The Trainer. The Client will be considered a no show and The Client will be charged for the session without participating. If this happens consistently loss of a time slot and / or training may occur.

Time slots cannot be guaranteed after lengthy vacations or time away without prior communication.

Trainer Responsibilities:

* Will perform as a personal trainer in instruction, fitness assessment, exercise programming and motivation
* Will maintain complete professionalism while training the client.
* Will maintain a current General Liability Insurance Policy.
* Will stay current with application professional certification
* Will arrive on time at scheduled session and provide an uninterrupted workout.

Client Responsibilities:

* Has and will accurately and honestly complete a health history questionnaire.
* Will promptly inform trainer of any changes in medical condition or any new injury.
* Will give trainer 24 hours notice to reschedule any appointment.
* Will be ready to work out when trainer arrives and gives Trainer un-interrupted attention.
* If Client informs Trainer that they will be delayed in starting, time will be deducted from the training session.

Fees

* Training is paid in advance. Fees are non-refundable unless catastrophic injury or illness.
* Once training is scheduled, both Client and trainer are held liable for those time slots.
* At the time, the client agrees to additional secessions, the new sessions are due on the first appointment.
* The Client may not participate in training sessions with an overdue account.
* Fitness assessments are $ 10.00 ( waived if you are paying for 4 or more sessions
* 1 Sessions = $ 20.00 2 people = $ 10.00 each
* 4 Sessions = $ 80.00 2 People = $ 60.00 each
* 6 Sessions = $ 100.00 2 People = $ 100.00 each
* 8 Sessions = $ 180.00 2 People = $ 140.00 each
* 12 Sessions = $ 250.00 2 People = $ 200.00 each

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Acknowledge and agree with the terms of this written contract. I understand if and when I pay the amount of $\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_ sessions of personal training by Ronnie P Duckworth Jr. I am responsible for being on time and if for some reason I need to cancel, I must do so by contacting the Trainer 12 to 24 hours prior to the appointment date. I also understand if I fail to make mu scheduled appointment without cancellation, I will lose that session at my cost with no refund.

**Applicable Law**

This contract shall be governed by the laws of the State of Georgia in \_\_\_\_\_\_\_\_\_\_\_\_\_ County and any applicable Federal Law.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_

Signature of the Client