

BODYWORKS by KAT

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Personal Training Commitment Statement

This agreement is an important document. It explains the commitment you are agreeing to by beginning an exercise program. It is critical that you read and understand it completely. After doing so, please sign and print your name in the spaces provided at the bottom.

Commitment and Attitude Statement

I, _____, have volunteered to participate in a program of physical exercise under the direction of Kat Lambert. In consideration of the Personal Trainer's agreement to instruct, assist, and train me, I do realize that a portion of my success will be based on my commitment to follow instructions and my attitude towards my fitness program. My Personal Trainer cannot guarantee results, but my willingness to work hard will drastically improve the experience and outcome of working with Kat.

Pre-booked and Paid Sessions

I will pre-book sessions with my trainer for the entire month. Kathy Lambert requires all pre-booked sessions to be prepaid for that month. All training packages will expire one month after date of purchase. If you have a vacation or time away planned, please let me know at the time of purchasing your package and I will adjust your expiration date accordingly. I can only adjust your expiration date for three vacations per year, no more. In other words, you understand that you will be paying monthly whether you are on vacation or not, except for three vacations per year.

- I also need a 30-day notice prior to ending your training sessions with Kat.**

Late, Absent or Cancellation Policy

All cancellations and absences need to be confirmed 24 hours in advance so as not to be charged for that session. While my personal trainer will make every effort to reschedule sessions canceled 24 hours in advance, I am still responsible for the charges associated with a rescheduled or canceled session if a 24-hour notice is not given. In summary, a 24-hour notice of cancellation is required, or the full-session price will be billed to me or a session will be deducted from my package. There is a maximum of 2 cancellations per month. If I cancel more than twice within a month I will not be credited.

I, _____, have read and agree to the Cancellation Policy of Kathy Lambert, my personal trainer.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS AGREEMENT AND FULLY UNDERSTAND THAT IT IS A CONTRACT OF PAYMENT FOR THE PERSONAL TRAINING SERVICES RENDERED AND SESSIONS SCHEDULED, WHETHER OR NOT THEY ARE RENDERED DUE TO MY ACTIONS. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ANY PERSONAL TRAINER OF BODYWORKS.

Participant's signature

Date

Please return the completed form to fitkat@scbodyworks.com