

# Personal Training Contract and Informed Consent and Liability Waiver Release for Participation in Exercise Program

Congratulations on your decision to participate in an exercise program! With the help of your personal trainer, you greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The details of these training sessions can be used for a lifetime.

To maximize progress, it will be necessary for you to follow program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

It is recommended that all program participants work with their personal trainer a minimum of three (3) times per week. However, due to scheduling conflicts and financial considerations, a combination of supervised (with trainer) and unsupervised workouts (without trainer) is recommended. If a participant signs up for less than 3 personal training sessions per week, then participant agrees that they will commit to unsupervised personal workouts on their own to maximize their specific fitness goals.

## Personal Training Contract Terms and Conditions

1. Personal training sessions must be paid for in advance to book and reserve your spot. Unless you have made other direct arrangements with the trainer, your spot may be cancelled if you have not paid within 4 hours of your scheduled training date and time.
2. Personal training sessions that are not rescheduled or canceled 24 hours in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session. At the trainer's discretion and based up on the specific circumstance, up to two (2) last minute reschedules (less than 24 hours advance notice) may be allowed.
3. Clients arriving late will only receive the remaining scheduled session time unless other arrangements have been previously made with the trainer.
4. The expiration policy requires completion of all personal training sessions within 120 days from the date of the contract. Personal training sessions are void after this time.
5. Once paid, no personal training refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions.

During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risks. By signing below, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by the leader(s) of the program.

I am voluntarily participating in the MST FFH Fitness Coaching Program conducted by Subreina Thelwell at 2508 Powderhorn Drive, Plano Texas 75025, ZOOM or other location to be mutually agreed. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above-mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program. I agree to assume full responsibility for any risks, injuries or damage know or unknown which I might incur as a result of participating in the program. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness. I knowingly, voluntarily and expressly waive any claim I may have against MST Fit Fabulous and Healthy LLC for injury or damages that I may sustain as a result of participating in the program.

By attending a training session, I ascertain that I have read the above personal training terms and conditions and the waiver and release of liability and fully understand it contents. I voluntarily agree to all of the terms and conditions stated above.

