

# Personal Training Agreement



## The Client:

- I agree to give **24 hours notice** for cancellation of sessions. I understand that if 24 hours' notice is not given, the fee for that session will still stand.
- I understand that payments are non-refundable and cannot be cancelled. However, sessions may be suspended at the discretion of the Trainer for a maximum of 12 months from the start date.
- I understand that the PAR-Q, Doctors Approval (if applicable) and this Personal Training Agreement must be completed and signed prior to the first session.
- I understand that payment must be made in advance of the first session. Failure to make payment will result in the cancellation of the personal training programme.
- I understand that Personal Training with Rachel is independent of Bannatynes Health Club and therefore Bannatynes Health Club is not responsible for any money owing to the Client.
- I understand that the results achieved from personal training are a combination of exercise, nutrition and my own personal genetics. Further I recognise that my genetic makeup is out of my Personal Trainer's control.
- I understand that if I am late for a session, the session time may be cut short and the full fee will still apply.
- I understand that rates for Personal Training with Rachel are subject to change and reviewed annually in April. Prepaid sessions that are unused at the time of a rate change will be honoured at the prepaid price.
- I understand that there are two different payment options for Personal Training with Rachel. Either block bookings of 10 sessions at a time, or a Pay as you go option. Block booking sessions can be used at any time and at any frequency within a 6 month period from payment. Pay as you go sessions must be paid for 24 hours previous to your session slot.
- I understand that exercise involves certain risks, including but not limited to; serious neck and spinal injuries resulting in complete or partial paralysis, heart attack, stroke or even death. Additionally, injuries could occur to bones, joints or muscles. Slips, falls, and unintended loss of balance could result in muscular, neurological, orthopaedic or other bodily injury.
- I understand that I have control of the workout and may terminate a particular exercise or workout at any time. Further to this I understand that it is my obligation to inform my trainer of any symptoms such as fatigue, shortness of breath or chest discomfort.
- I agree that the trainer can terminate a particular exercise or workout at any time if the trainer believes I am not in suitable condition for exercise.

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- I understand that my Personal Trainer is not a doctor, physiotherapist or dietician and that the advice offered is optional and not a replacement for professional advice from experts within specialist fields.
- The Trainer:
- I agree to give the Client 24 hours notice for cancellation of sessions where possible.
- I agree that upon cancellation of a session, the session will be rearranged at a convenient time for both client and trainer.
- I understand that if I am not on time for a session, the time will be made up at the end of the session or a subsequent session.
- I agree that the personalised programme will be chosen and tailored to the client's needs and goals.
- I agree to teach and guide the client regarding proper exercise techniques and nutritional practices to the best of my ability.
- I agree to document training logs and conduct regular assessments to measure the client's progress.
- I agree to honour the client's full booking or arrange a suitable replacement that is acceptable by both the client and myself.
- I agree to keep my insurance and qualifications up to date.

The Client:

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

The Trainer:

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

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