

# YALETOWN FIT

## PERSONAL TRAINING CONTRACT / AGREEMENT

Congratulations on your decision to improve your health by participating in a professional exercise program!

With the help of personal training you greatly improve your ability to accomplish your training goals faster and safer and with maximum benefits. Plus the education you will learn during our training sessions can be used for a lifetime.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and, if applicable, unsupervised training days.

The health & fitness community recommend that all clients work with their personal trainer two to three times per week. However, due to some people's busy schedule and finances, a combination of supervised and unsupervised workouts (on your own) is also possible.

### PERSONAL TRAINING TERMS & CONDITIONS:

1. Personal training sessions that are cancelled less than 12 hours in advance will result in forfeiture of the session and a loss of the rate of one session. We are happy to reschedule if the notice was at least 12 hours' notice.
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
3. The expiration policy requires completion of all personal training sessions within \_\_\_\_ days from the date of the contract. Personal training sessions are void after this time period.
4. No personal training refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions.

**Remember, 10 000 steps a day and healthy eating, are EQUALLY important!**

Description of program:

Total investment: \_\_\_\_\_ Method of payment: \_\_\_\_\_

Print Name: \_\_\_\_\_

Sign Name: \_\_\_\_\_

Date: \_\_\_\_\_

**WE ARE EXCITED TO BEGIN WORKING WITH YOU!**