

Silver Fox Personal Training Contract

Welcome!

Congratulations on beginning your fitness journey! I am pleased that you chose *Silver Fox Personal Training* as part of your commitment to better health and fitness. With my help, you will improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The skills you will learn during our sessions can be used for a lifetime.

In order to maximize your progress, it is important to follow the program guidelines as outlined by your *Personal Trainer*. Keep in mind, that exercise and healthy eating are EQUALLY important for success!

This contract will provide you with important program policies. Before getting started, please read and sign this form to acknowledge that you have read and understand the following information.

Personal Training Information and Policies

This agreement is made and entered into by and between the *Client* and *Silver Fox Personal Training*. In consideration of the mutual promises exchanged herein, the parties agree as follows:

- 1. Commitment:** By purchasing sessions, *Client* is making a commitment to his/her health. *Clients* should follow the program and instructions of *Trainer* to the best of their ability to maximize their results and better achieve their goals. Remember, the ultimate results are up to the *Client*.
- 2. Specifics:** *Trainer* and *Client* shall agree upon the program type and time and location of training sessions.
- 3. Punctuality:** *Client* is expected to be fully prepared to train at the agreed upon time. Failure to be prepared may result in a shortened workout. If *Client* anticipates running late, he/she should contact *Trainer* as soon as possible.
- 4. Stopping Exercises:** *Client* may refuse or stop any exercise for any reason. It is the *Client's* responsibility to notify the *Trainer* of any discomfort or pain arising from or during exercise. *Trainer* will make accommodations for *Client* and substitute other exercises as needed.
- 5. Payment:** Payment must be made prior to beginning a new session. Payment must be completed for all sessions before any new or renewal contract may be signed.
- 6. Cancellation of Individual Sessions:** Please provide *Trainer* with a minimum of 24 hour notice if a session must be canceled or rescheduled. If training session is not cancelled with a minimum of 24 hour notice, the *Client* will be charged at the discretion of the *Trainer*. Emergencies and sudden accidents may be exempt. If *Trainer* must cancel a session the *Client* will receive a complimentary session for his/her inconvenience.

7. **Cancellation and Refunds:** *Client* may freeze their program for medical reasons. A physician must verify the medical reason. **There are no refunds!** Exception would be becoming permanently disabled and unable to use or receive the services under this contract.

8. **Release of Liability:** You the *Client* is enrolling in a program of strenuous activity that naturally involves the risk of injury. The *Client* understands and accepts this risk and agrees to not hold *Silver Fox Personal Training* liable for any injury. This includes but is not limited to: personal, bodily, economic loss, or any damages resulting from any acts of *Silver Fox Personal Training*.

Print name: _____ Sign Name: _____

Date: _____