

Personal Training Purchase Agreement/Contract

Welcome!

Congratulations on beginning your personal training program! I am delighted you chose me as a part of your commitment to health and fitness. Working together, we will 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 is important to follow program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

The following information 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 on the ____ of _____, 20__, by _____ (“Client”) and T-BOD FITNESS. In consideration of the mutual promises exchanged herein and other good and valuable consideration, 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: Trainer will show client how to work his/her muscles correctly and encourage him/her to go to his/her safe limit, but Client is the only one who can make sure he/she works out consistently, eats properly, gets plenty of sleep, and lives a healthy lifestyle.
2. **Specifics:** Trainer and Client shall agree upon the time, program type, content, and location of personal training sessions (“Sessions”) at the rate set forth on the T-BOD FITNESS website and detailed below.
3. **Punctuality:** client shall be attired as discussed below and ready to train at the time specified in paragraph 2. Failure to be prepared to train may result in a shortened workout or possible cancellation of the Session under paragraph eight

- (8) below if Client is more than fifteen (15) minutes late. If Client anticipates running late, he/she should contact Trainer as soon as possible.
4. **Attire:** Client must wear comfortable workout attire, including, but not limited to, clean t-shirts, shorts, tights, sweats, and/or tracksuits. Athletic shoes must be supportive and functional. Workout gloves are optional. Please do not hesitate to ask Trainer for advice on what type of clothing and shoes is appropriate.
 5. **Stopping Exercises:** Client may refuse or stop any exercise for any reason. It is client's responsibility to notify Trainer of any discomfort or pain arising from or during exercise, as well as, any and all other known limitations client has or experiences so that Trainer may accommodate Client and substitute another exercise to work that particular muscle group.
 6. **Cancellation of Individual Sessions:** Twenty-four (24) hour cancellation notice, as stated on the T-BOD FITNESS website, is required for rescheduling or cancelling any and all individual Sessions. Any and all cancellations with less than twenty-four (24) hours notice will result in forfeiture of the Session without refund. If Trainer must cancel a Session, he will do so, by email, with at least twenty-four (24) hours notice or Client will receive a complimentary Session for his/her inconvenience. This complimentary Session must be used within sixty (60) days of the date of the cancelled Session. After sixty (60) days, the offer of a complimentary Session will expire.
 7. **Cancellation and Refund of All Sessions:** Client may cancel this contract within three (3) business days after the day this contract was signed for a full refund of any and all monies paid under this contract. Cancellations must be made via email (info@tbodfitness.com). All refunds will be made to the customer within thirty (30) days of receipt of the cancellation email.
 8. **Death or Disability:** Should Client become unable to use or receive services under this contract due to death or disability, Client, or Client's estate as the case may be, shall be liable only for that portion of the charges allocable to the time prior to death or the onset of disability. Notification of death or disability must be made via email (info@tbodfitness.com) with an attachment of evidence of death, e.g. death certificate, or evidence of disability, e.g. doctor's note. All refunds will be made to the customer or his estate within thirty (30) days of receipt of the cancellation email.
 9. **Option to Renew:** At the end of each program session, there is an option to renew. Please reference the T-BOD FITNESS website for Session descriptions and availability.
 10. **Training disclaimer:** T-BOD FITNESS programs are not affiliated in any way with any particular fitness facility or provided as a service of any particular fitness facility.
 11. **Membership requirement:** Client shall be required to currently be a member of current training facility in order to participate in T-BOD FITNESS programs.

I wish you best of luck on your new personal training program!

Participant name (print clearly)

Participant Signature

Date

Parent/Guardian Signature (if needed)

Date