



Personal Training ~ Client Agreement

HealthStyles Personal Trainers are professionals who apply scientific knowledge to train the general population for the primary goal of improving general fitness and health. They conduct goal specific testing sessions, design and implement safe and effective general conditioning programs, and provide guidance regarding nutrition and injury prevention. Recognizing that their expertise is separate and distinct, Personal Trainers consult with and refer clients to other professionals when appropriate.

The policy for canceling a personal training session is as stated:

A client is responsible for showing up at all scheduled appointments. If a client needs to cancel a session, the trainer must receive notification twelve (12) hours prior to the scheduled time. A no show, or less than twelve (12) hours notice, will result in the client being charged the appropriate fee for that session. If a client is late for a session, the trainer is not expected to make up for the amount of time tardy. If a client is more than fifteen (15) minutes tardy, the trainer is not obligated to provide that training session. If a Personal Trainer is unable to make a scheduled session, the Trainer must give twelve (12) hours notice or the client receives one free session onto the session/package purchased.

The policy for the expiration of Personal Training sessions is as stated:

From the date of purchase:

- _____ A single (1) session will expire two (2) weeks @ \$40.00
- _____ A package of six (6) sessions will expire in six (6) weeks @ \$180.00
- _____ A package of twelve (12) sessions will expire in twelve (12) weeks @ \$330.00
- _____ A ONE MONTH package for a maximum of twelve (12) sessions with a 31 day expiration @ \$300.00

One week will be added to the expiration date for each session cancelled by the trainer, whether twelve (12) hours notice was given or not.

All sessions are to be paid before being scheduled.

I have read and understand the above terms.

Client Name _____

Client Signature _____ Date _____

Trainer Name _____

Trainer Signature _____ Date _____

Payment Type _____

Please note: This contract is in effect for one year from the above date.

Email to Tom, Trainer, & Angie _____
Revised 1/17/24