

Personal Training Contract

I the undersigned understand and agree to the following terms and conditions

1. Fees

Payment of fees _____ for _____ personal training sessions will be due prior to the beginning of sessions unless payment options are arranged.

2. Scheduling

Sessions are to be made by appointment only. Appointments can be made in person or by phone but only with the assigned trainer

3. Cancellations

Cancellations must be made at least 1 hour prior to the training session. Early morning training sessions must be canceled the evening prior to the session.

Date _____ Client Name _____

Amount Paid _____ Amount Due _____

Trainer Signature

Client Signature