**Client-Trainer Agreement**

* The Trainer will use their skills & knowledge to design a safe programme of exercise that will take into account the personal goals, fitness levels and exercise likes/dislikes.
* The Trainer will provide the coaching, supervision advice and support that the client may need to help them achieve their goals. The client’s progress will be regularly monitored and the programme revised and adjusted accordingly.
* All client information will be kept strictly private and confidential. If the Trainer requires further medical information from a practitioner, the client must provide such details.
* It is understood between client and Trainer that both will commit to the programme and give 100% effort.
* The client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

**Personal Training Terms and Conditions**

Health Screening

* All clients must complete a PAR-Q before commencing any exercise programme.
* Your Trainer may require a letter of ‘medical clearance’ from your GP. Please be aware that your GP may charge you for this.

Cancellation Policy

* Sessions must be cancelled **prior to 8pm the day before the scheduled session**, in order not to incur a charge for that session.
* Any cancellations **received after 8pm** the day before the scheduled session, will incur full payment for that session.
* However…repeated, consecutive cancelled sessions (i.e. 2 sessions in a row), cancelled at short notice of **less than 48 hours**, will incur full payment for the 2nd session & subsequent sessions.
* Please inform your Trainer with **as much notice as possible when you will be on holiday/away on business/unable to make a scheduled session**/s.

Fee Charging Policy

* Payment for single sessions must be made at the time of booking.
* Block bookings (10 sessions) must have a minimum of 50% (of the total fee) payable in advance BUT sessions do not all have to be booked in advance. Balance of payment must be made at session 5.
* Blocks of 10 sessions must be redeemed within 4 months of the first session *(unless prior agreement has been made with Trainer to put on hold for medical reasons. This 4 month period will not include when Trainer on holiday)*
* All monies are non-refundable.



I recognise and understand all the terms and conditions set between my Personal Trainer and myself and agree to follow all the guidelines set out above.

Client sign:

Print name:

Date:

Trainer sign:

Print name:

Date:

