



## SERVICE AGREEMENT

### PURPOSE:

The purpose of this agreement is to manage expectations and communications between yourself and the Personal Trainer.

### OBJECTIVES:

The Personal Trainer is committed to:

- Developing an individualised fitness program designed to meet the agreed goals;
- Coaching and motivating you toward achieving these goals safely.

### APPROPRIATE ATTIRE:

- Clean T-shirts, shorts, tights and track suits.
- Athletic shoes should be supportive and functional.

### SESSION LENGTH:

- 30 minute session includes 5 minute warm-up / 3 minutes cool down/stretching
- 45 or 60 minute sessions include 5 minute warm-up / 10 minutes cool down/stretching

### PAYMENT FOR SERVICES:

- Payment to be made by cash or direct deposit to FITNESS FOREVER before the commencement of the first personal training session

### DOCUMENTATION REQUIREMENTS:

- Health Analysis: complete and return via email 5 days prior to your appointment
- Personal training Program Service Agreement / Legals: review prior to your appointment

### RESCHEDULING / CANCELLATIONS / LATE ARRIVALS:

- All rescheduling / cancellations must be advised 24 hours prior to the appointment via email or phone, failure to comply with timelines will incur applicable session rate charges.
- Rescheduling due to legitimate illness / injury will be permitted.
- If you arrive late, the session will end at the pre-scheduled time.

### INAPPROPRIATE BEHAVIOUR:

The Trainer reserves the right to end the personal training agreement if you demonstrate any of the following:

- Consistent failure to follow the instructions and advice of the Trainer
- Abusive behaviour

### POLICY CHANGES:

The Trainer reserves the right to review and adjust the personal training Service Agreement at their discretion and will notify you accordingly.

### CLIENT SIGNATURE:

Name (Please Print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_