



Personal Training Agreement

Full name:	
DOB:	
Street Address:	
City, State Zip Code:	
Phone number:	
Email:	
Emergency Contact:	

We will conduct ____ sessions/week (total of ____ sessions/month) for ____ month(s).
All sessions are sold for a monthly rate and will not roll over unless notified in advance of being out for vacation.

My rate will be _____.

An established routine is the best way to stick to your fitness regime and guarantees you a time slot during the personal training agreement period.

Each of the above indicated sessions shall be _____ minutes in duration.

I (the client) understand that I may cancel any appointment by giving at least a **24** hour notice via text, email, phone call or online scheduler. I also understand that if I fail to provide the aforementioned cancellation notice as indicated, it may result in my being charged for the full session fee.

If I am late to a session, my session may not be conducted for the entire duration as specified above.

If my attendance rate is below 75% for the session, I understand that I may lose my specified time slot upon renewing my personal training agreement.

If at any time I am unable to participate or unsatisfied with services provided by Fitness Command, I can terminate the services (in writing) and be refunded for the remaining balance.

I agree to pay a return check fee of \$5 or Fitness Command's current bank rate.

Signature: _____ Date: _____