



## Personal Training Client Terms & Conditions

*This (simple) agreement details the client-trainer business relationship between the personal trainer and the client.*

The Client:

The Trainer:

- 1 **Prerequisite to commencement of training**  
All clients must complete the PAR-Q (Pre Readiness Activity Questionnaire) which will include; Health/Medical Questions, Exercise History and previous injuries.
- 2 **Late Cancellation Window**  
Personal training sessions that are not rescheduled or cancelled 24 hours in advance will result in forfeiture of the session.
- 3 **Tardiness**  
If the client arrives more than 10 minutes late for the scheduled appointment, forfeiture of the session and monies paid will result.
- 4 **Session Length**  
Sessions are one hour in length, and the hour begins at the scheduled meeting time unless otherwise stated.
- 5 **Cool Off Period**  
Refunds will be given if a written request is submitted within five business days of purchase with receipt only and NO sessions have been used.
- 6 **Refunds**  
No refunds will be issued once **the first session** with your trainer has been scheduled.
- 7 **Force Majeure**  
Should your personal trainer be prevented from executing their obligations by force majeure, such as exceptional weather conditions, flood, fire, war, industrial action, disruption to mechanical or electrical supplies or other unforeseen events, and this is unavoidable, In such circumstances, the trainer shall not be deemed to be in breach of this contract.
- 8 **Holiday & Time Off**  
The personal trainer will provide the client with one week's notice of any forthcoming holidays for which the trainer will be unavailable, likewise, the client agrees to do the same.
- 9 **Price Changes**  
Session costs are subject to economic conditions, inflation and annual reviews of pricing structures and therefore can be changed at any time; written notification will be provided in the case of price increases to services.





- 10 **Non-Payment**  
We reserve the right to cancel this contract for non-payment of services.

**Declaration**

I (the customer) have read and understood the above terms & conditions of services and will abide by it at all times as a client.

Signed	Print Name	Date (dd/mm/yy format)

