



Personal Training Contract Agreement:

Lifelong fitness wants to thank you and congratulate you in taking the first step by participating in our exercise program. By participating in an exercise program with a personal trainer you will accomplish your goals much faster, much safer and with greater efficiency. All programs are tailor made for your specific goals and ones fitness level. Not only do our trainers administer the programs to you, but they also motivate and teach allowing you to train unsupervised making your goals much more attainable.

During your exercise program, all efforts will be made to assure your safety. However, with any type of exercise there are risks. These risks include muscular, connective tissue, bone and increased heart stress. By signing this contract you agree to assume full responsibility of these risks and waive any possibility for personal damage. You also agree that to your knowledge you have no physical, mental or any other type of condition or disability that would limit you from being able to participate in an exercise program.

All women greater than 54 years of age and all men over the age of 44 are recommended to be seen by a physician before participating in any exercise program. By signing below, any client over these ages without a physicians medical clearance accepts the risk that can occur during the program and a accepts full responsibility for any personal damage and no responsibility is assumed by Lifelong Fitness. Lifelong Fitness recommends working with a trainer 3 times per week. Due to scheduling conflicts and financial considerations most programs will have supervised and unsupervised sessions.

Personal Training Terms and Conditions

- ✓ Clients **MUST** give a **12 hour notice** before cancellation of any training session. Failure to do so will result in forfeiture of the session and a loss of the financial investment at the rate of one session.
- ✓ No personal training refunds will be issued for any reason, including but not limited to relocation, illness, work and unused sessions.
- ✓ Clients arriving late will receive the remaining scheduled session's time, unless previous arrangements have been made.

Clients Signature _____

Date _____