



# PERSONAL TRAINING CLIENT AGREEMENT

## **Personal Training Client Agreement - Policies, Terms and Conditions**

By investing and participating in Personal Training, you are fast tracking your results and I have faith that by working together we can make the changes you want in terms of your health and fitness. However, it does take two to get results. Success requires a level of personal commitment from you as well.

I understand that these physical activities are designed to gradually increase my cardiovascular fitness as well as the muscular systems, in an effort to improve their function.

The possibility of experiencing changes during or following the exercise sessions does exist. These changes could include abnormalities in blood pressure or heart rate, fainting, muscle soreness, muscle strains, and in rare cases possibly heart attack or cardiac arrest.

The benefits obtained from the exercise program may include a more efficient cardiovascular system, a decreased risk of heart disease and other diseases, improved muscular systems, and an increase in overall health and well-being.

I realise that it is necessary for me to report, immediately, any signs or symptoms indicating abnormalities or distress. I know that if there are any questions about the procedures or methods used during an exercise session, I should ask Charlotte. I am also aware that I may decide to discontinue a session at any time should I be in any discomfort.

If you do have any current health issues, or are new to starting a fitness program, please consult your health professional before beginning.

**Session Policy** The most important factor in improving health and fitness and achieving results is consistency. Training regularly and turning up for each session is just as important as the quality of the workout. Personal training guarantees you will receive quality instruction and professional service. Our training session is valuable and I ask that you respect this by giving me notice of 24 hours prior to any designated session if you are going to be unable to attend. Failure to do so may result in sessions being lost / still being charged.

### **Payment**

Your sessions are valid for 14 weeks will expire after this date, if you block book 10 PTs. If you block book 5 PTs, these are valid for 7 weeks. I will endeavour to accommodate changes in schedule where possible however if you have planned absences during this time please let me know ASAP to agree an extension.

Your payment represents your investment in your wellbeing and covers far more than the exercise sessions themselves. Our focus is on working together to get the results you are after, I will therefore be providing appropriate nutrition information from my recipe books and guides, support, check in opportunities via the Facebook group, workout suggestions for when you are unable to make sessions and suggested additional activity levels to maximise your results. It is always your choice whether

you make use of these options or not.

### **Communication**

Please use the app chat for communications for all your queries and I shall endeavour to get back to you. Wherever possible I will respond to any communications within 24 hours during the week and 48 hours at weekends.

### **100% Guarantee**

As with any professional business, I am not happy unless you are. If for some reason you are not happy with my service can you please let me know so I can endeavour to provide you with the highest quality of service and rectify any problems as soon as possible.

In order to get the best results possible, I recommend you make full use of the check in opportunities provided and my knowledge. If at any point you would like to know the reasoning behind any of the programming or suggestions I make please feel free to ask, I'm always happy to provide explanations where that is preferred.

### **Personal Agreement**

I promise I will support and advise you to the best of my knowledge, taking into account your preferences and circumstances wherever appropriate. In return I request that you remember you always have a choice and it is your commitment to yourself and your goals that will make the biggest difference to your long term results..