

Personal Training Agreement

Effective Date

____/____/____

Personal Trainer

JP Fit, LLC, AKA (The Trainer)

The Client

_____, AKA (The Client)

To conduct my business effectively and efficiently the following terms and conditions apply:

All payments are due in advance. The Client may not participate in training sessions with an overdue account. Prepaid sessions must be used in the same month and are non-refundable. The Client is able to receive a 10% discount if they book 8 sessions within one month. The Client is offered a discount off the membership fee if they book 4 sessions within the month and prepay . The Client must be on time for their appointment . A 24 Hour noticed is required for cancellations.

Traveling fee will cost \$17 a month for those who train at a different gym or from home.

The Client assumes the risks for participation, and waives any liability of The Trainer in association therewith. The Client understands that he or she has the complete right to stop or decrease exercise at any time during a session and that it is The Client's obligation to inform the Trainer of any symptoms such as fatigue, shortness of breath or chest discomfort.

The Client agrees to disclose any prescribed medications The Client is taking and any exercise restrictions The Client is aware of or has been informed of by any health care professional. During the program if Client's medications, condition, or medical limitations should change, The Client will notify the Trainer. The Client understands that it is recommended that he or she has a yearly physical or more frequent physical examination and consultation with a physician as to physical activity and diet. The Client acknowledges that he or she has either had a physical exam and has been given permission to participate or has decided to participate without approval of a physician.

This contract shall be governed by the laws of the State of Colorado.

Date_____

Signature of The Client