

## **Personal Training Agreement & Liability Waiver**

*By signing below, I acknowledge and agree to the following terms:*

### **1. Assumption of Risk**

I understand that participation in personal training involves physical activity, which carries inherent risks including, but not limited to, muscle soreness, injury, or other health complications. I voluntarily choose to participate and assume full responsibility for any risks, injuries, or damages that may occur.

### **2. Medical Clearance**

I confirm that I am physically able to participate in exercise and have no medical conditions that would prevent safe participation. I understand that it is my responsibility to consult with a physician prior to beginning any fitness program if needed.

### **3. Release of Liability**

I hereby release and discharge my trainer from any and all claims, liabilities, or causes of action arising out of or related to my participation in training sessions, including those resulting from negligence, to the fullest extent permitted by law.

### **4. Personal Responsibility**

I agree to communicate honestly about my physical condition, limitations, and comfort level during sessions. I understand that I may stop any exercise at any time.

### **5. Session Packages & Expiration**

- Single sessions must be used within 30 days of purchase
- 5-session packages expire within 8 weeks
- 10-session packages expire within 12 weeks
- 25-session packages expire within 20 weeks

Unused sessions beyond these timeframes are forfeited unless otherwise agreed upon.

## **6. Cancellation Policy**

- Sessions must be canceled or rescheduled with at least 24 hours' notice
- Late cancellations (less than 24 hours) will result in the loss of that session
- No-shows will be charged in full

## **7. Late Arrival Policy**

If a client arrives late, the session will still end at the scheduled time. Full payment is required regardless of shortened session length.

If the trainer arrives late, the session will be extended accordingly or made up at a later time.

## **8. Payment Terms**

All sessions and packages must be paid for in advance. Sessions are non-refundable but may be transferable at the trainer's discretion.

## **9. Trainer Boundaries & Conduct**

I understand that training sessions are professional in nature. Any inappropriate behavior, repeated cancellations, or failure to respect boundaries may result in termination of services without refund.

## **10. Acknowledgment**

I have read and fully understand this agreement. I voluntarily agree to all terms stated above.

Client Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_