

Personal Training Contract

PERSONAL TRAINING CONTRACT

Name: _____

Address

Email: _____ Phone number: _____

Client's name: _____

Client Address

Client Email: _____ Client Phone number: _____

Services: The Trainer agrees to provide personal training services to the Client for the duration of this Contract. These services may include, but are not limited to, fitness assessments, exercise programming, nutritional guidance, and lifestyle coaching.

Contract commencement date: _____ dd / mm / yyyy Contract duration period: _____

Initial Payment amount: _____ Recurring Payment amount: _____

Payment frequency basis: _____ Recurring payments starting date: _____ dd / mm / yyyy

Late payment additional fee: _____

Minimum notice period for client rescheduling:

Minimum notice period for trainer cancellation:

Liability and Assumption of Risk: The Client acknowledges that engaging in physical exercise and training carries inherent risks. The Client assumes all risks associated with participating in the training sessions and agrees to release and hold the Trainer harmless from any claims, demands, or liabilities arising out of such participation. The Client represents and warrants that they are physically fit to engage in the training sessions. If the Client has any medical conditions, they agree to consult with a medical professional before commencing the training.

Governing law jurisdiction: _____ Court jurisdiction location: _____

Client's Name for signature: _____

Client's Signature

Trainer's Name for signature: _____

Trainer's Signature

Date: _____ dd / mm / yyyy