

## FREELANCE PERSONAL TRAINING / PERSONAL TRAINING XTRA TRAINING AGREEMENT FORM

This agreement is made between: \_\_\_\_\_,

Freelance Personal Trainer and client named:

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### TRAINER RESPONSIBILITIES:

- Will perform as a freelance personal trainer (FPT) in instruction, fitness assessment, exercise programming and motivation.
- Will maintain (and provide if necessary) a monthly log of training hours used.
- Will maintain current Public Liability insurance policy.
- Will give client at least 24 hours' notice of any necessary schedule changes, and reschedule any missed sessions with client.
- Will stay current with professional certifications.
- Will arrive on time at scheduled session and provide an un-interrupted workout.
- Will keep all personal data relating to their client private and confidential and comply with GDPR

### CLIENT RESPONSIBILITIES

- Allow the FPT access to all personal data provided to THC that is relevant to the training and programming by the FPT
- Has and will accurately and honestly complete health history.
- Will promptly inform trainer of any change in medical condition or of any new injury.
- Agrees to allow Trainer to contact Client's personal physician and/or obtain medical records when necessary.
- Will give trainer at least 24 hours' notice to reschedule any appointment. If 24 hour notice is not given, session will not be rescheduled unless dire emergency or illness. This will count as client forfeiture.
- Will comply with advance scheduling and payment policies as set forth below.
- Will be ready to workout when Trainer arrives and give Trainer un-interrupted attention.
- If client informs Trainer that they will be delayed in starting, time is subtracted from 60 minute workout.

### SCHEDULING AND FEES:

- Training is paid in advance. Fees are non-refundable unless catastrophic injury or illness.
- Once training is scheduled, both Client and Trainer are held liable for those time slots.
- Fees are subject to change with a 30 day notice period
- All sessions must be complete no more than 30 weeks from start date.

We have read and understand the above training agreement. All of our questions have been answered and we both agree to abide by the above terms and conditions and to use our best efforts to meet our training goals.

DATE \_\_\_\_\_

TRAINER \_\_\_\_\_ CLIENT \_\_\_\_\_