#### Personal Training Agreement

Thank you for choosing me as your trainer. Before we get started please sign the training agremeent.

Personal training of\_\_\_\_\_\_\_\_\_\_\_ sessions for one hour per session at the rate of \_$\_\_\_\_\_\_\_\_\_\_\_\_ is agreed to by Lea Webb (Trainer) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Client).. Sessions are booked a minium of 3 days in advance and if a cancellation should be needed for a session, notice needs to be no less than 24 hours in advance. If the required notice is not given the client looses the session. If the trainer cancels less than 24 hours notice the client is owed an additional session. ONLY exception is a medical emergency that was unforseen.

Payment is expected up front for all sessions. If a agreement is made between trainer and client in advance half may be paid up front and remaining amount must be paid in full in 2 weeks. Under half payment agreement client may use no more than 1/3 of the package until remainder is paid. If the package includes free sessions, free sessions will not be added until balance is paid in full.

We are entering into the agreement both parties will fulfill all obligations therefore, no refunds are given. Client may put a temporary freeze on sessions if it becomes necessary and trainer will fulfill their obligation to the client when client can resume. Advance notice of 7 days must be given for any freeze. \*\*Effective 12/1/19 freeze cannot exceed more than 3 months unless documentation is submitted that a freeze is required for medical reasons.\*\*If a freeze is not put on sessions in writing, 10 sessions must be used in 4 months, 20 sessions must be used in 6 months, unless PRIOR arrangements are made\*\*\*

Thank you

Signed: Lea Webb

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client signature

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