

Personal Training Client Agreement

The Trainer Will...

- Initially assess the needs and abilities of the client as part of establishing an exercise program.
- Create a personalized exercise program that is safe and effective.
- Provide guidance regarding proper exercise technique.
- Maintain proper records of sessions used and client progress.
- Keep all client information confidential.
- Continually re-assess client's needs and abilities.
- Modify the personalized program as necessary according to client's progress, needs and goals.
- Be prompt for sessions; if late client is owed that time.
- Give 24 hour notice for cancellations and reschedule accordingly.

The Client Will...

- Purchase all training packages prior to beginning any training sessions
- Discuss all health history information and any medical concerns with the trainer.
- Be prompt for sessions; if late that time is forfeited.
- Give 24 hour notice for cancellations and reschedule accordingly; no call/no show – session is charged for the missed lesson.
- Communicate to trainer any concerns that occur during or arise from a session.

Personal Training Package Policies

- All training packages are purchased at the Children's Desk PRIOR TO the first swim lesson.
- 2 and 5 session packages expire 4 months from purchase date.
- 10 and 20 session packages expire 6 months from purchase date.
- No refunds on Personal Training Packages, unless medically necessary.
- Half hour sessions can be combined into hour or longer sessions. This is contingent on you and the personal trainers schedule.
- Partner and Group Training packages/programs are purchased with the knowledge that all participants are present during training session; no make-ups for missed sessions.

Client Name (Printed): _____

Client Signature: _____

Trainer Signature: _____