

Personal Training Contract

Client Name: _____

Address : _____

Phone : _____

Email : _____

I understand and agree to the following terms and conditions:

I. GENERAL TERMS

Client is in acknowledgement that he/she is in agreement for personal training services provided by **B.A.M. Fitness**.

B.A.M. Fitness will design a tailored exercise program for the client that reflects the clients objectives, fitness level, and experience.

II. FEES

The amount due each month is _____ .

This amount will be paid bi-weekly in the sum of _____ or in full before any training session is to be permitted.

III. CANCELLATIONS

A 24 hour notice is required in order to not lose your training session for the week. If a 24 hour notice is given, and the trainer and client are unable to reschedule to a new

date for that week, the trainer will send the client an at home or gym workout to do on their own.

IV. APPOINTMENTS

Appointments are scheduled to ensure your time. By signing this contract it acknowledges that you are aware that being late to a scheduled training will shorten the duration of the training.

***Holiday/Vacation/Inclement Weather days are considered off days. If you are scheduled on one of these days you will have the option to complete an online workout. This day will not be rescheduled.**

***All sessions must be completed within the month. Sessions will not be carried over.**

***All Sales are Final**

Name : _____

Date : _____

Signature : _____