

Personal Training Agreement

The Client:

- I agree to give 24 hours notice for cancellation of sessions. I understand that if 24 hours' notice is not given, the fee for that session will still stand.
- I understand that if I receive credit for a missed session, the credit must be used within 60 days of the missed session or it will be waived.
- I understand that payments are non-refundable and cannot be cancelled. However, sessions may be suspended at the discretion of the Trainer for a maximum of 12 months from the start date. Remaining sessions can also be transferred to another client.
- I understand that the Letchworth Fitness PAR-Q, AMC Training's Confidential Lifestyle Questionnaire, Doctors Approval (if applicable) and this Personal Training Agreement must be completed and signed prior to the first session.
- I understand that payment must be made in advance of the first session. Failure to make payment will result in the cancellation of the personal training programme.
- I understand that the results achieved from personal training are a combination of exercise, nutrition and my own personal genetics. Further I recognise that my genetic makeup is out of my Personal Trainer's control.
- I understand that if I am late for a session, the session time may be cut short and the full fee will still apply.
- I understand that rates for Personal Training with AMC Training are subject to change and reviewed annually in November. Prepaid sessions that are unused at the time of a rate change will be honoured at the prepaid price.
- I understand that there are two different payment options for Personal Training with AMC Training. Either block bookings of 6 / 10 sessions at a time or a monthly membership options for training once, twice or three times per week at a set monthly fee.
 - Block booking sessions can be used at any time and at any frequency within a 90-day period from payment.
 - The membership option is a set monthly fee for a certain frequency of sessions. Missed sessions can be made up in preceding or subsequent weeks / months but the monthly payment remains the same.
- I understand that if the PT session has been shared, the session will remain at full price even if my training partner has cancelled in advance.
- I understand that exercise involves certain risks, including but not limited to; serious neck and spinal injuries resulting in complete or partial paralysis, heart attack, stroke or even death. Additionally, injuries could occur to bones, joints or muscles. Slips, falls, and unintended loss of balance could result in muscular, neurological, orthopedic or other bodily injury.
- I understand that I have control of the workout and may terminate a particular exercise or workout at any time. Further to this I understand that it is my obligation to inform my trainer of any symptoms such as fatigue, shortness of breath or chest discomfort.
- I agree that the trainer can terminate a particular exercise or workout at any time if the trainer believes I am not in suitable condition for exercise.
- I understand that my Personal Trainer is not a doctor, physiotherapist or dietician and that the advice offered is optional and not a replacement for professional advice from experts within specialist fields.

The Trainer:

- I agree to give the Client 24 hours notice for cancellation of sessions. I understand that if 24 hours' notice is not given, an additional free session will be provided.
- I agree that upon cancellation of a session, the session will be rearranged at a convenient time for both client and trainer.
- I understand that if I am not on time for a session, the time will be made up at the end of the session or a subsequent session.
- I agree that the AMC protocol or devised personalised programme will be chosen and tailored to the client's needs and goals.
- I agree to teach and guide the client regarding proper exercise techniques and nutritional practices to the best of my ability.
- I agree to document training logs and conduct regular assessments to measure the client's progress.
- I agree to honour the client's full booking or arrange a suitable replacement that is acceptable by both the client and AMC Management.
- I agree to keep my insurance and qualifications up to date.

The Client:	
Name	
Signature	
Parent / Guardian's Signature (if clier	t is under 16years old)
Date	
The Trainer:	
Name	
Signature	