

# Personal Training Contract

**Please provide the following information:**

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Street Address: \_\_\_\_\_

City and Post Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Business Phone: \_\_\_\_\_

I \_\_\_\_\_ (full name) hereby agree to accept and be legally bound by this Personal Training Contract. By signing this document, I attest, contract, acknowledge, and agree that I am legally bound by its content.

## Eligibility

- Clients must be currently authorized by their Physician / Doctor in order to participate in this or in any other Fitness Program or Regimen with the Personal Trainer.
- Clients will be required to complete the correct documentation prior to participation within the personal training program.

## **CONDUCT OF TRAINING SESSIONS**

- Client must wear correct attire (i.e. shorts, sweat pants, t-shirt, tennis/running shoes, etc.) Absolutely no jeans, jean shorts, sandals, open toe shoes of any kind.
- All sessions will be conducted at the fitness facility agreed upon by the Personal Trainer.

- Training sessions will be a maximum of 75 minutes in length. All training sessions will be recorded by the Personal Trainer.

Each client will have a personal training record that contains the number of sessions purchased. After each training session the trainer will initial and date the record.

Signature\_\_\_\_\_ Date\_\_\_\_\_

**RELEASE OF LIABILITY (Please Read Carefully)**

I have enrolled in a program of strenuous physical activity including, walking, running, boxing, kickboxing, aerobics, weight lifting, bicycling, step aerobics, aerobics, body sculpting and the use of various conditioning and exercise equipment and facilities designed, offered, recommended, and/or supervised by Kes Raveendran, Personal Trainer. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this program.

I fully understand that I may suffer injury as a result of my participation in the program and I hereby release Kes Raveendran any and all liability now or in the future.

By signing this document, I attest, contract, acknowledge, and agree that I am legally bound by its content.

Signature\_\_\_\_\_ Date\_\_\_\_\_

**PRICING AND PAYMENT**

I acknowledge and agree that this Personal Training Contract is not transferable or assignable. I acknowledge that payment is required for blocks of sessions in advance of actual training sessions. I agree to pay in advance for training sessions. I understand this money is not refundable. I understand this contract and the terms it presents is for the purchase of sessions and any other purchase of services in the future. I acknowledge that this specific contract, release of liability, consent, and agreement is continuously valid indefinitely. I understand that a minimum requirement of one session per week must be completed or I will be charged for the session(s) missed. No refund will be granted for sessions that have not been completed. I understand Kes Raveendran has the right and the authority to terminate the program at any time, with no refund, if I do not follow the program or fail to conduct myself in an appropriate manner.

By signing this document, I attest, contract, acknowledge, and agree that I am legally bound by its content.

**5 session package at £50 per session (£250 total)**

**10 session package at £40 per session (£400 total)**

**20 session package at £35 per session (£700 total)**

**40 session package at £30 per session (£1200 total)**

Payment is due 24 hours before each session.

I acknowledge that I have been informed that missed sessions will be charged at the usual rate unless I cancel 24 hours in advance. \_\_\_\_\_ (Initial)

I fully understand that the cost of an individual package must be paid by Cash, Cheque or by PayPal if online. All training sessions must be paid in full directly to Kesavan Raveendran prior to my participation in this program. A £25 fee will be charged for each returned Cheque.

- Personal training sessions must be conducted as one-to-one (one trainer, one client) unless otherwise agreed upon. Pricing for such will be corresponding to the format (one trainer, one client).

Client Signature and Date: \_\_\_\_\_

Personal Trainer Signature and Date: \_\_\_\_\_

### **CANCELLATION AND LATENESS**

I acknowledge that appointment times are reserved and that cancellations must be made a minimum of 24 hours in advance prior to the start of the scheduled training session time by calling Kes Raveendran on 07502 308 102 (voicemail will record date/time) or by sending an email to [kes\\_raveendran@hotmail.com](mailto:kes_raveendran@hotmail.com) or [actfit@hotmail.com](mailto:actfit@hotmail.com) . I understand that I will not receive a refund for missed appointments. It is my responsibility to attend my personal training appointments when they are scheduled. Every effort will be made to reschedule a training session according to the mutual availability of the client and trainer.

- If a cancellation is not made by a minimum of 24 hours prior to the scheduled session,

the client understands that he/she will be charged for the session. Likewise, a 'no show' counts as a session serviced and the client will be charged.

I understand that appointments will begin and end promptly as scheduled. I acknowledge that any delays to the start of a scheduled appointment will not be a cause of extended service beyond the remainder of the scheduled time. I will not expect or ask my trainer to run overtime. I understand that if I am 15 minutes late my session will be canceled and I will be charged for that session. I understand that sessions will run approximately one hour unless otherwise stated. I acknowledge that a delay to a scheduled session cannot change the session status to anything else except a whole session. I understand that there are no half sessions because of any delay.

By signing this document, I attest, contract, acknowledge, and agree that I am legally bound by its content.

I \_\_\_\_\_(full name) have enrolled to participate in a personal training program provided by Personal Trainer Kes Raveendran.

**Kes Raveendran**

***“Developing your body and mind confidence”***

**Certified Advanced Master Personal Trainer YMCA (CYQ)**

**07502 308 102**

[kes\\_raveendran@hotmail.com](mailto:kes_raveendran@hotmail.com)

[actfit@hotmail.com](mailto:actfit@hotmail.com)