



PERSONAL TRAINING AGREEMENT AND WAIVER

Thank you for investing in the Exceed Personal Training Program which has been designed to help you improve your fitness level and exceed your expectations. This agreement outlines our program guidelines and should be completed on or before your first training session. This agreement & waiver is effective for the current personal training sessions purchased and any additional sessions purchased thereafter.

Trainer Name _____ Date _____
Last Name First Name

CLIENT INFORMATION

Client Name _____
Last Name First Name

Phone Number _____
Home Cell/Other

PROGRAM POLICIES

Please read each policy and initial on the line acknowledging your understanding. If you have any questions, please feel free to ask your trainer or the facility staff.

- _____ Personal training packages are non-refundable and non-transferable
- _____ Personal training packages expire 3 months after the date of purchase
- _____ Sessions are priced from the time the session was scheduled to begin
- _____ Scheduled appointments must be cancelled 24 hours in advance
- _____ Training sessions will take place only AFTER payment has been made
- _____ Both the trainer and client will sign in on the Client Tracking Form at the beginning of each session
- _____ The PAR-Q Form has been completed and reviewed
- _____ Payments should be given to the Front Desk or Manager since the trainer cannot accept payments

WAIVER AND RELEASE AGREEMENT

Personal training client ("Client") is aware that participation in a sport or physical exercise may result in accident or injury, and assumes the risk connected with such participation. Client represents that he/she is in good health and suffers from no physical impairment, which would limit their use of the club's facilities or any physical impairments have been disclosed on the PAR-Q. Client acknowledges that the club staff has not and WILL NOT render any medical services including medical diagnosis of Client's physical condition. Client specifically agrees that the club, it's officers, employees, it's agents, and WTS International shall not be liable for any claim, demand, cause of action of any kind resulting from or related to Client's use of the facilities or participation in personal training and fitness programming within or without the club's premises, and the client agrees to hold the club and WTS International harmless.

Signature _____ Date _____
Client or Parent/Guardian if Client is Under 18

Printed Name _____