Personal Training Agreement

This agreement is between the Trainer and the Client named below for personal training services.

Trainer or business name

Trainer phone or email

Client name

Client phone or email

1. Package and price

Package (number and length of sessions)

Start date

Total price (before tax)

HST

Payment terms

Package expires on

Location of sessions

2. Scheduling and cancellations

Sessions are booked in advance. The Client must give at least 24 hours' notice to cancel or reschedule; a session cancelled with less notice, or missed, counts as used. If the Trainer cancels, the session is rescheduled at no cost. Unused sessions expire on the date above and are not refundable, except as required by law.

3. Health and safety

The Client confirms they are fit to exercise and will tell the Trainer about any medical condition, injury, pregnancy or medication that could affect training. The Trainer is not a medical professional and does not give medical advice. The Client should consult a doctor before starting any exercise program.

Health information the Trainer should know (or none)

4. General

Either party may end this agreement with written notice. If the Trainer ends it, unused prepaid sessions are refunded. This agreement is governed by the laws of Ontario. Both parties agree that electronic signatures are binding.

Trainer

Signature

Full name

Date

Client

Signature

Full name

Date