

Client Agreement Form for Training/Yoga.

Cancellation Policy

Cancellation of an appointment/session will require a 24hr notice period.

The session will be rescheduled for another time (if within the 24-hour notice period) to catch up the session. There will be no additional cost involved only the normal session fee will apply.

To not show or to not notify by the 24hr period before your appointment time the full session fee will stand.

Any late arrivals without notifying me with just cause, will result in a shorter session.

In the case of family emergencies or illnesses this policy may be reviewed to offer an alternative session day and time but it is up to the discretion of the trainer.

When purchasing a large block of sessions for a reduced rate the agreement is based on a set number of sessions, frequency and number of people. If this is altered after commencement then the full rate will apply.

If you cannot complete the sessions paid for then you have to surrender the session without refund.

If I am unable to complete the sessions paid for then I will refund the owing amount.

Please advise at least 2 weeks prior to you taking any holidays or having a break in any block of sessions.

Remaining sessions will be held in credit for a maximum of 2 months.

Personal Trainers Commitment to you

I will be open and honest with you at all times.

I will ensure confidentiality.

I will ensure exercise programming is clearly explained.

I will ensure to push you to raise the bar and continue to improve your health and fitness.

I will guarantee our effort and dedication to be of the highest standard.

Your commitment to training

You'll be on time and prepared for your training session and appointments.

You'll be open and honest with me in regards to your health and fitness routines, habits, diet, injury & illness.

You'll be willing and committed to completing agreed exercise plans and health choices.

You'll let me know immediately of any concerns you have about working together.

I promise to pay my trainer no later than 24 hours before the commencement of a session or package. I will abide by the cancellation policy terms.

You'll take personal responsibility for getting the most out of training with your Personal Trainer.

By agreeing to the terms and conditions above you are happy to go ahead with the training package.

Circle one option for each question:

I would/would not like to be added to the mail out which covers health, nutrition, motivation and exercise tips and articles.

By opting in I consent to the use of my email for the newsletter in accordance with the GDPR law from 2018 (you may unsubscribe at any time).

Personal Trainer Name and Signature: _____

Client Name and Signature: _____

Date ____ / ____ / ____