# Your Company Fitness Agreements

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Commitment and Attitude Agreement

I have volunteered to participate in a programme of physical exercise under the instruction of any [YOUR COMPANY] trainer. Training may include, but is not limited to, weight and/or resistance training, cardiovascular training, and floor mat exercises.

[YOUR COMPANY] agrees to instruct, assist and train me.

I realise that a large portion of my success will be based on my commitment to follow instruction, changing my lifestyle, and my attitude towards the fitness programme. Unfortunately [YOUR COMPANY cannot guarantee results, but my willingness to work hard will improve the opportunity of success.

I have read the above policy and agree to its terms as it applies to my personal training package.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Late / No-Show / Cancellation Agreement

**Our main goal is to provide the best possible service to our clients.**

[YOUR COMPANY] works on an appointment based schedule to allow you the time required for your personal training session.

Sessions will generally be 60 minutes. Please be on time for your appointments. If you are late for a session it will still end at the scheduled time. If you are more than 15 minutes late for a session, it will be considered a no-show and you will be required to pay the fee for the session.

Due to this schedule it is important that you give us sufficient notice when you need to cancel an appointment. This means a cancellation should be made at least 12 hours before the scheduled appointment. Failure to cancel a training session within this time will result in you being charged for the session. Should you wish to reschedule an appointment, a minimum of 12 hours notice is required. We will do our best to accommodate this.

We understand that emergencies happen. We provide every client with one free short-notice cancellation. You will not be charged for your first cancellation with less than 12 hour notice. Subsequent short-notice cancellations will be charged for the session. The free short-notice cancellation only applies if we are notified prior to the session start time. No-shows are not eligible for the free cancellation.

I have read the above policy and agree to its terms as it applies to my personal training package.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Refund Agreement

If you are not satisfied with our services, we will be happy to refund services **not performed**.

I have read the above policy and agree to its terms.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Payment Agreement

Sessions will be pre-paid one session **in advance**. Single sessions are good for 90 days from the original date of purchase.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_