

Inner Warrior Fitness

Personal Training Agreement

Requirements & Eligibility for participation

All clients who wish to participate in any form of training, be it one – on – one or group fitness will be required to complete all relevant documentation prior to the agreed commencement date. Representatives of Inner Warrior Fitness reserve the right to deny services to individuals who may not be able to exercise safely within the guidelines set by Inner Warrior Fitness or within program parameters.

If it is determined that the client or clients has one or more risk factors which may be of potential risk during exercise, he or she will be required to seek approval from a registered allied health care professional to take part in any physical activity before receiving any personal training from Inner Warrior Fitness.

The participant is responsible to pay any fees incurred for any required assessment or medical examination.

Conduct of training sessions

- All sessions will be conducted at a predetermined venue at a set time and day. This is important to help the business run efficiently and fairly for all.
- Training sessions will run for a maximum time of one hour. Although, where applicable session times may be reduced to either half hour or forty five minute sessions based on individual requirements and any associated risk factors as determined in the initial client/ trainer consultation or as referred by an allied health care professional.
- All training sessions will be recorded in the personal trainer's diary, this will also contain the number of sessions purchased. At any time, the individual can request to see such information.
- Cancellations MUST be made within a minimum of 24 hours prior to the agreed start time of the scheduled training session. To do this, a call to the assigned personal trainer to make cancellations will suffice. In the case of a cancellation every effort will be made to reschedule a training session according the mutual availability of the client and personal trainer.
- If a cancellation is not made within a minimum of 24 hours prior to the agreed start time of the scheduled session, the client understands that he/she will be charged for the session. Likewise, a failure to show up counts as a session serviced by Inner Warrior Fitness and the client will be charged.
- Personal training sessions will be conducted as one – on – one (one personal trainer, one client) or to a maximum of one personal trainer to four people.

Client responsibilities

- Clients must wear appropriate attire during all personal training sessions. Understand that if this is not adhered to, the personal trainer has the right to refuse service of the session.
- Appropriate sun protection and hydration are the responsibility of the client.
- Be open and honest about your current state of fitness with your personal trainer. Along with your initial free consultation, the first session is a fitness assessment for all clients. This will provide the baseline information which will assist your trainer in providing adequate amounts of exercise in terms of frequency, intensity and duration. So please remember as it is not always an easy road, together we will achieve your health and fitness goals/.

Personal training packages

- All personal training fees must be paid prior to the session and where more than one session is carried out each week, payment must be made for all weekly sessions prior to the first session by direct debit, cheque or cash.
- All personal training sessions will start at the scheduled appointment time and venue mutually agreed between client and the personal trainer. The client understands that if he/ she are late, time will be deducted from the start time of the session.
- Personal training packages are available in either a 10 pack, expiring within 90 days of issue and 20 pack options, expiring within 6 months. Either packaged purchased must be payed for up front and in advance of any sessions taking place.
- Gift vouchers are also available.
- Personal training sessions, including all group fitness training are non – transferable and non – refundable.

I understand that this fitness program will be beneficial to my lifestyle but there exists the possibility that certain changes may occur during or following exercise that cannot always be predicted.

I have read all of the information above and understand it. I understand that I am free to withdraw from this program at any time I desire. I trust the information gathered will be treated as privileged and confidential except in circumstances of medical need.

Signature of client: _____ *Date:* _____

Signature of trainer _____ *Date:* _____