

Terms and Conditions of hiring a Freelance Personal Trainer

1. Once you and your Trainer have agreed upon the most appropriate training programme/package, payment must be made in full before the sessions are conducted. Payments must be taken in cash or by cheque.
2. Scheduling of sessions will be agreed in advance, and cancellations must be made with a minimum of 24 hours prior to the pre-agreed session start time or the session will be forfeited at full price. Exceptional circumstances for last-minute cancellations will be at the discretion of the Trainer.
3. All sessions will last one hour unless otherwise stated and will start and finish on time.
4. If you are late to a session that session will still finish at the pre-agreed time. If you are more than 20 minutes late to a session, it will be deemed a no-show and the session will be forfeited at full price.
5. If the Trainer is late to a session, clients will still receive the full session time or have the outstanding time added to another session.
6. If the Trainer cancels a session with less than 24 hours' notice then a replacement session will be offered at no charge.
7. Cancellation of a series of sessions will incur a 25% charge for any outstanding sessions to cover time spent by the trainer developing and planning the programme.
8. There are inherent risks in participating in a programme of strenuous exercise, and you acknowledge that the Trainer is not responsible for any injuries, except where any injury is sustained by gross negligence on behalf of the Trainer.
9. You acknowledge that the answers to the questions outlined in the Pre-Exercise Questionnaire are true and complete to the best of your knowledge. It is your responsibility to inform your Trainer of any conditions or changes to your health, now and on-going, that might affect your ability to exercise safely and with minimal risk of injury.
10. The results of any training programme cannot be guaranteed and progress depends on your effort and cooperation both in and outside of the sessions.
11. In order to reach your desired goals you commit to exerting yourself to your limits (and sometimes beyond) in each session. During this time you may well experience discomfort. This is normal, but please alert your Trainer if you experience abnormal discomfort in any way.

Client Signature:

Trainer Signature:

Client Name:

Trainer Name:

Date:

Date: