

Personal Training Contract

This Personal Training Contract ("Agreement") is entered into on [DATE], by and between:

Trainer: [TRAINER NAME], with a business address of [TRAINER ADDRESS], and

Client: [CLIENT NAME], with an address of [CLIENT ADDRESS].

Together referred to as the "Parties."

1. Services Provided

1.1 The Trainer agrees to provide personal training services to the Client, including fitness assessments, personalized workout programs, and coaching during scheduled sessions.

1.2 Services will be provided at the following location(s): [TRAINING LOCATION(S)].

1.3 The Trainer may recommend, but will not require, dietary or lifestyle changes. Any such recommendations are not a substitute for professional medical advice.

2. Session Schedule

2.1 Sessions will occur as follows: [NUMBER] sessions per [WEEK/MONTH], each lasting approximately [SESSION LENGTH] minutes.

2.2 Session times will be scheduled by mutual agreement between the Parties.

2.3 The Client must provide at least [NUMBER] hours' notice to cancel or reschedule a session. Sessions cancelled with less notice will be [FORFEITED / CHARGED IN FULL / OTHER: _____].

3. Term

3.1 This Agreement begins on [START DATE] and continues until [END DATE], unless terminated earlier as provided in Section 8.

3.2 The Parties may renew this Agreement by mutual written consent.

4. Fees and Payment

4.1 The Client agrees to pay the Trainer a fee of \$[AMOUNT] per [SESSION / WEEK / MONTH / PACKAGE].

4.2 Payment is due [ON/BEFORE DATE OR SCHEDULE], via [PAYMENT METHOD].

4.3 Late payments may incur a fee of \$[AMOUNT] or [PERCENTAGE]% per [DAY/WEEK] overdue.

4.4 All fees are non-refundable except as described in Section 8.

5. Client Health Disclosure

5.1 The Client confirms that they have disclosed all relevant medical conditions, injuries, or physical limitations to the Trainer prior to signing this Agreement.

5.2 The Client agrees to promptly inform the Trainer of any changes to their health status that may affect their ability to safely participate in training sessions.

5.3 The Client represents that they have received medical clearance to participate in a personal training program, where required.

6. Assumption of Risk and Release of Liability

6.1 The Client understands that physical exercise carries inherent risks, including but not limited to injury, illness, or in rare cases, death.

6.2 The Client voluntarily assumes all risks associated with participation in the training program.

6.3 The Client releases the Trainer, and any associated business or facility, from liability for injuries or damages arising from participation in the training sessions, except where caused by gross negligence or willful misconduct.

7. Code of Conduct

7.1 Both Parties agree to treat each other with respect and professionalism.

7.2 The Trainer reserves the right to end a session or terminate this Agreement if the Client behaves in an abusive, unsafe, or disruptive manner.

8. Termination

8.1 Either Party may terminate this Agreement with [NUMBER] days' written notice.

8.2 In the event of termination, the Client will be responsible for payment of all sessions completed prior to the termination date.

8.3 Any prepaid, unused sessions will be refunded on a pro-rated basis, unless otherwise stated: [REFUND TERMS].

9. Confidentiality

9.1 Both Parties agree to keep any personal, medical, or financial information shared during the course of this Agreement confidential, except as required by law.

10. Independent Contractor Status

10.1 The Trainer is an independent contractor and not an employee of the Client. The Trainer is responsible for their own taxes, insurance, and business expenses.

11. Governing Law

11.1 This Agreement shall be governed by and interpreted in accordance with the laws of [STATE/PROVINCE/COUNTRY].

12. Entire Agreement

12.1 This Agreement constitutes the entire understanding between the Parties and supersedes any prior agreements or discussions, written or verbal.

12.2 Any amendments to this Agreement must be made in writing and signed by both Parties.

Signatures

By signing below, both Parties agree to the terms outlined in this Agreement.

Trainer Signature: _____ Name: [TRAINER NAME] Date: [DATE]

Client Signature: _____ Name: [CLIENT NAME] Date: [DATE]