

Client/Personal Trainer Agreement

This agreement ensures that the role of the trainer to client, and client to trainer is clearly defined, appreciated, and understood. **This agreement must be signed prior to beginning any training session.**

Client responsibilities:

1. The training fee must be paid upon completion of the initial visit. This entitles the client to one 45 minute training session, which will include body composition analysis, weight measurements, fitness assessment, exercise counseling and prescription. This is complimentary if the client purchases a personal training service. If, however no purchase is made, the client shall pay a \$30 charge to KSP.
2. Complete all forms in the packet provided. Failure to do so may result in delayed initial consultation. These completed forms will be used in establishing your baseline and are entirely confidential- as are all of your sessions.
3. Be on time for sessions with your Personal Trainer. Typically, each session is 60 minutes; however, a more flexible length can be established. The time of sessions is to be agreed upon between the trainer and the client.
4. If the client is late, the session will only last until the end of the hour that the session was scheduled.
5. Any tardiness of more than ten minutes, or absence without proper notification will result in the loss of the session.
6. If a session needs to be cancelled for any reason other than an emergency, a 24-hour notice must be given to the trainer. Failure to do so will result in the client forfeiting the session, and no payment reimbursement will be granted.
7. No roll-over sessions or refunds will be granted, except for medical reasons, which must be endorsed by your physician.
8. It is recommended that you bring a sweat towel and water bottle (NO GLASS BOTTLES) to every session.
9. Your paid sessions are to be used by only you, and are not transferrable to any other client.
10. Sessions expire 6 months after the purchase date.
11. If you have any questions feel free to contact Brooke Vernon, Kentucky Sports Performance at 502-303-3698, or e-mail fitproky@gmail.com.

TRAINER RESPONSIBILITIES:

1. A personal trainer provides client with the motivation, education, guidance, and individual instruction required to achieve their personal fitness goals.
2. The trainer will design a safe, effective exercise program on an individual basis that reflects the client's objectives, fitness level, and experience.
3. If the trainer is late for a session, that time is owed to the client at no additional charge.
4. Once you have purchased a personal training package, your trainer will contact you within the next 3 days either by phone or email to schedule sessions.
5. The trainer will maintain an open line of communication throughout the course of service.

By signing this agreement, you indicate that you understand YOUR roles and will do your part to ensure the best results for the goals set.

Client's Signature: _____ Trainer's Signature: _____

Date: _____