

Client Trainer Agreement

- The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account the client personal goals, fitness levels and exercise likes and dislikes.
- The trainer will provide the coaching, supervision, advice and support that the client may need to help them achieve their goals. The client's progress will be regularly monitored and the programme revised and adjusted accordingly.
- The trainer will provide all necessary equipment and will organise appropriate venues for all training sessions.
- All client information will be kept strictly private and confidential. If the trainer requires further medication information from a practitioner, the client must provide such details.
- It is understood between client and trainer that both will commit to the programme and give 100% effort.
- The client is required to arrive 5 minutes prior to the training session so that a full session can be achieved on each visit.
- The client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

Personal Training Terms and Conditions

1. Health Screening

- All clients must complete a PAR-Q before commencing any exercise programme.
- Your trainer may require a letter of "medical clearance" from your GP. Please be aware that your GP may charge you for this.

2. Cancellation Policy

- 48 hours notice of cancellation is required for all appointments.
- Notice between 24 and **48 hours will require a 50% payment** of the session fee
- Notice less than **24 hours will incur full payment** if the session fee.

3. Lateness Policy

- If the client is late for the session the session will not be extended and will end at the appointed time.
- If the trainer is late, additional time will be added to the session or to subsequent sessions.

4. Fee Charging Policy

- Payment for single sessions must be made a week before the session or at time of booking. Cheques to be made payable to Dia Giles.
- Block bookings must be paid for in advance BUT sessions do not have to be booked in advance. However, all sessions must be redeemed **within 90 days** of purchase.
- All monies paid are non-refundable.

I recognise and understand all the terms and conditions set between my personal trainer and myself and agree to follow all the guidelines set out above.

Client's signature:
Print name:
Date:

Trainer's signature:
Print name: DIA GILES.....
Date:

Trainer's phone number: 07842 190 364