



PERSONAL TRAINING AGREEMENT

Name _____ Phone (C): _____

Email: _____ Trainer: _____

Thank you for choosing to personal train at the Federal Way Community Center. Our trainers work with a variety of client's schedules. In order for them to effectively use their scheduled time, the following guidelines apply to all appointments:

Cancellation/Refund Policy:

It is very difficult to fill a single 1-hour appointment on short notice, so the following cancellation billing policy applies to all scheduled appointments.

- Cancellations less than 24 hours in advance = Full Charge
- Refunds are allowed for up to 3 business days after purchase (minus any sessions used). After 3 business days, sessions are not refundable, but can be transferred to another user.
- All sessions must be used within 6 months of purchase or they will be lost.

Training sessions:

- Hourly sessions are 55 minutes, and will begin and end at the time pre-agreed upon by the trainer and client. Please be on time to make full use of training session. If you are late you will be charged the full session, but only have the time available that is left in your scheduled training session.
- A training session will be considered cancelled if the client is more than $\frac{1}{2}$ of the training session late for their pre-arranged scheduled session and the client will be charged the full session rate.
- Begin promptly at the time agreed upon by the trainer and client.
- All forms including the Personal Training Agreement, Health History and Physician's Consent (if needed) must be filled out and signed prior to your first training appointment.

I have read and agree with the policies noted above and agree to abide by them.

Signature _____ Date _____

Trainer Signature _____ Date _____