

Client/Trainer Agreement

Terms and Conditions

Health Screening

1. All clients must complete a PAR-Q before commencing any exercise programme
 2. If requested the client may be required to obtain a doctor's letter from your GP before any exercise programme can be performed.
- You may be required to attend a full health and fitness assessment before the commencement of any exercise programme

Cancellation Policy

1. Notice of less than 24 hours will incur full payment of the session booked
48 hours cancellation is required for all appointments

Lateness

1. If your personal trainer is late, time will be allocated at the end of the session, or added to subsequent sessions
- If the client is late for a session, unless time can be extended, the session will end at the appointed time.

Charging Policy

1. Block booking must be paid for in advance, however, sessions do not have to be booked in advance.
 2. All monies paid are non-refundable
- Payment for single sessions must be made at the time of booking.

I agree to the above terms and conditions

Client Name
Date

Trainer Name
Date