



## Training Zones Personal Training Agreement

### Responsibilities of the Personal Trainer:

1. Provide an initial assessment of client
2. Assist client in determining realistic client goals.
3. Provide proper exercise technique.
4. Record the progress of the client and provide necessary feedback
5. Evaluate and modify the program as necessary according to the changing needs of the client
6. Will be required to inform the client in advance of any changes in meeting times and dates.
7. If the trainer is > 10 minutes late without the client's approval, the trainer is a "no-show" and remaining session is free (as decided by the client).

### Responsibilities of the client:

1. Timeliness
  - a. Failure to inform trainingzone 24 hours in advance of a cancellation will result in loss of that training session.
  - b. The client must inform trainingzone as far in advance as possible of changes to time or schedule
  - c. Trainingzone is obligated to wait for the client up to 10 minutes and after that the client is considered a "no show" and will be charged for the session.
  - d. If the client is <10 minutes late, the session will proceed using only the remaining time.
2. Follow through with the recommendations of the initial assessment.
3. Commitment to the program.
4. Adhere to advice concerning health, fitness, and lifestyle activities conducive to reaching goals.
5. Communicate with TrainingZones staff regarding pain or concerns.

The client has agreed to \_\_\_\_\_, for \_\_\_\_\_ dollars. This agreement is in reference to our verbal agreement on the \_\_\_\_\_ (date). Monthly packages must be used in one month time frame.

There is no time limit for multi-session packages.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Personal Trainer Signature: \_\_\_\_\_ Date: \_\_\_\_\_