



Personal Training Terms and Conditions

This agreement is made between PGWELLNESS, hereafter known as “the trainer”, and the agreements signing client, hereafter known as “the client”. Both parties agree to and are bound by the following terms and conditions:

1. The client must complete a Get Active Questionnaire before commencing any exercise program. All client information will be kept strictly private and confidential.
2. The client understands and agrees that it is their responsibility to inform the trainer of any challenges to their health, now and ongoing, which might affect their ability to exercise safely.
3. The client understands that there are inherent risks associated with physical exercise and, knowingly and voluntarily, accepts and assumes all risk of liability, loss, illness, death, injury, or any other kind of damage resulting from their participation in physical exercise.
4. The trainer promises to use their skills, expertise, and knowledge to design a safe exercise program that will take into account the client’s personal goals, current fitness level, medical history, and exercise likes and dislikes.
5. The trainer will do their best to provide the coaching, supervision, advice, and support that the client may need to help them achieve their goals. The client’s progress will be monitored regularly and the program revised and adjusted accordingly.
6. The trainer will provide all necessary equipment and will organize appropriate venues for all training sessions.
7. Each personal training session will last sixty minutes. The client is encouraged to arrive five to ten minutes early to ensure that a full session can be achieved every visit.
8. 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.
9. A minimum of six hours prior notice is required for the cancellation of any personal training sessions. This applies to the client and the trainer. If a client does not provide a minimum of six hours prior notice, the client will be charged in full and no refund will be given for the session. If a trainer does not provide a minimum of six hours prior notice, the client will receive one extra hour of personal training in addition to the session missed. Emergency cancellations are at the discretion of the trainer.
10. If the client is late for a session, the session will not be extended and will end at the scheduled time. If the trainer is late, additional time will be added to the session or to subsequent sessions.
11. Single sessions must be completed within seven (7) days of the date of purchase. A package of ten (10) sessions must be completed within sixty (60) days of the date of purchase. A package of twenty (20) sessions must be completed within one hundred twenty (120) days of the date of purchase.
12. Payment must be made in full prior to any sessions being administered.
13. No personal training refunds will be issued for any reason, including but not limited to relocation, illness, injury, and unused sessions, unless other arrangements have been made with the trainer.

I certify that I have read this legal document in its entirety, I understand all of its terms and conditions, and I have had the opportunity to ask any questions I may have about this document.

Client Name (Please print clearly): _____

Birth Date: _____

Today's Date: _____

