



Wildcard Personal Training Client Agreement

Personal Trainer Name _____

Client Name _____

The following when signed will constitute the full agreement between the named Personal Trainer and Client.

The Trainer will act as a Personal Trainer in the development of an exercise programme during the agreed sessions.

In consideration of the service, the Client shall pay in advance according to the session rates charged by the Personal Trainer.

All purchased sessions must be completed within 12 weeks from the first completed session.

The Client understands that:-

It is the responsibility of the Client to ensure that the date and time booked are correct. To cancel a booked session, the Client must notify the Personal Trainer in the first instance. If the Personal Trainer is not contactable, the Client must notify the Club of cancellation. Likewise the Personal Trainer is responsible for notifying the Client of any cancellation. The Client may be charged for sessions missed as follows:

Cancellation Policy

More than 24 hours notice – No charge/loss of session

Less than 24 hours notice – Full charge or reduction of 1 session from purchased block.

Late Arrivals

The Trainer is only required to wait for 20 minutes past the agreed start time. After this the Trainer may leave the premises and the Client will forfeit the amount for the session. If the Client arrives within the 20 minutes, the Trainer will only complete the time left of the original session. No extra time will be given.

If the Personal Trainer is more than 10 minutes late on arrival to the session, the Client can have a full hour from the time that the Personal Trainer arrives (if it convenient), or the Client can have the remaining time of the session plus a free session.

Declaration of Understanding

I the Client fully understand and agree to abide by the above rules and regulations. I clearly understand that Wildcard Personal Trainers are not medical doctors and therefore cannot diagnose or prescribe treatment for any form of injury, disease or any other medical condition. Before embarking on an exercise programme I must have completed the Wildcard Personal Training Physical Activity Readiness Questionnaire and resulting processes. I also understand that I should inform you of any medical conditions that may not have been covered in the form and that I may be advised to visit my doctor prior to commencing the sessions.

I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in the activity and / or use the equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities. I release Wildcard Personal Training and any Personal Trainers who train me from any liability for personal injury or other damage I may sustain whilst engaging in any exercise programme suggested by the Personal Trainer.

Signed _____(Personal Trainer)

Name _____

Date _____

I acknowledge receipt of this agreement and confirm acceptance of the terms and conditions contained therein.

Signed _____(Client)

Name _____

Date _____