

**PERSONAL TRAINING AGREEMENT**  
**KC's BodyWorks**  
**Karen Ciullo, Certified Personal Trainer**



[www.kcsbodyworks.com](http://www.kcsbodyworks.com)  
**480-365-8798**

This agreement is made between: Karen Ciullo, Certified Personal Trainer  
and client: \_\_\_\_\_

**TRAINER RESPONSIBILITIES:**

- Will perform as a personal trainer in instruction, fitness assessment, exercise programming and motivation.
- Will maintain (and provide if necessary) a monthly log of training hours used.
- Will maintain current General Liability Insurance policy.
- Will give client at least 24 hours notice of any necessary schedule changes, and reschedule any missed sessions with client.
- Will stay current with applicable professional certifications.
- Will arrive on time at scheduled session and provide an un-interrupted workout.

**CLIENT RESPONSIBILITIES:**

- Has and will accurately and honestly complete health history.
- Will promptly inform trainer of any change in medical condition or of any new injury.
- Agrees to allow Trainer to contact Client's personal physician and/or obtain medical records when necessary.
- Will give Trainer at least 24 hours notice to reschedule any appointment. If 24 hour notice is not given, session will not be rescheduled unless dire emergency or illness. This will count as client forfeiture.
- Will comply with advance scheduling and payment policies as set forth below.
- Will be ready to workout when Trainer arrives and give Trainer un-interrupted attention.
- If Client informs Trainer that they will be delayed in starting, time is subtracted from 60 minute workout.

**SCHEDULING AND FEES:**

- Training is paid in advance. Fees are non-refundable unless catastrophic injury or illness.
  - Once training is scheduled, both Client and Trainer are held liable for those time slots.
  - If training is to continue beyond the initial 4 weeks, the new session must be booked prior to "last appointment." At that time, another 4 week session will be reserved for client. Fees are due on first appointment of each 4 week session.
- Fees: Fitness assessment - no charge  
Fees subject to change with a 60 day notice  
All sessions must be complete no more than 16 weeks from start date.

**PROGRAMS:**

4 WEEKS/ 2 x 1 HR	4 WEEKS/ 3 X 1 HR	8 WEEKS/ 2 X 1 HR	8 WEEKS/ 3 X 1 HR	CLIENT/TRAINER INITIALS
\$320.00	\$480.00	\$600.00	\$900.00	

**SCHEDULE:**

WORKOUT DAYS	TIME	CLIENT/TRAINER INITIALS
M T W TH F		

We have read and understand the above training agreement. All of our questions have been answered and we both agree to abide by the above terms and conditions and to use our best efforts to meet our training goals. Before and after pictures will be taken and posted on website (KC's Bodyworks.com) and Facebook for advertising and encouragement purposes.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2010

Trainer: \_\_\_\_\_ Client: \_\_\_\_\_

# Personal Training Agreement Sample

**G Thomas**



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## **Table of Contents Personal Training Agreement Sample**

1. Understanding the eBook Personal Training Agreement Sample
  - The Rise of Digital Reading Personal Training Agreement Sample
  - Advantages of eBooks Over Traditional Books
2. Identifying Personal Training Agreement Sample
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Personal Training Agreement Sample
  - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Training Agreement Sample
  - Personalized Recommendations
  - Personal Training Agreement Sample User Reviews and Ratings
  - Personal Training Agreement Sample and Bestseller Lists
5. Accessing Personal Training Agreement Sample Free and Paid eBooks

- Personal Training Agreement Sample Public Domain eBooks
- Personal Training Agreement Sample eBook Subscription Services
- Personal Training Agreement Sample Budget-Friendly Options
- 6. Navigating Personal Training Agreement Sample eBook Formats
  - ePub, PDF, MOBI, and More
  - Personal Training Agreement Sample Compatibility with Devices
  - Personal Training Agreement Sample Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Personal Training Agreement Sample
  - Highlighting and Note-Taking Personal Training Agreement Sample
  - Interactive Elements Personal Training Agreement Sample
- 8. Staying Engaged with Personal Training Agreement Sample
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Personal Training Agreement Sample
- 9. Balancing eBooks and Physical Books Personal Training Agreement Sample
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Personal Training Agreement Sample
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Personal Training Agreement Sample
  - Setting Reading Goals Personal Training Agreement Sample
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Personal Training Agreement Sample
  - Fact-Checking eBook Content of Personal Training Agreement Sample
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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