

# Personal Training Contract

I the undersigned understand and agree to the following terms and conditions

## 1. Fees

Payment of fees \_\_\_\_\_ for \_\_\_\_\_ personal training sessions will be due prior to the beginning of sessions unless payment options are arranged.

## 2. Scheduling

Sessions are to be made by appointment only. Appointments can be made in person or by phone but only with the assigned trainer

## 3. Cancellations

Cancellations must be made at least 1 hour prior to the training session. Early morning training sessions must be canceled the evening prior to the session.

Date \_\_\_\_\_ Client Name \_\_\_\_\_

Amount Paid \_\_\_\_\_ Amount Due \_\_\_\_\_

\_\_\_\_\_  
Trainer Signature

\_\_\_\_\_  
Client Signature

# Personal Trainer Client Contract

**American College of Sports Medicine**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the American College of Sports Medicine text.

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