

# FOXX Fitness Personal Training Program Contract



FOXX Personal Training Program is designed to provide clients with the motivation, education, guidance, and individual instructions required to achieve their personal fitness goals. **An exercise program will be designed and tailored for each individual that reflects the client's objectives, fitness level, and experience.**

## Client/Personal Trainer Agreement

This agreement ensures that the role of the trainer to client and client to trainer is clearly defined. **This agreement must be signed prior to beginning the training sessions.**

### Client responsibilities:

1. The training fee must be paid when filling out the Personal Trainer Intake form. This entitles the client to a one hour (60 minute) training session, which will include exercise counseling and prescription.
2. Complete all forms in the packet provided and turn them into the trainer. Failure to do so may result in delayed initial consultation. These completed forms will be used in establishing your baseline and are entirely confidential, as are all of your sessions.
3. Be on time for meetings with your Personal Trainer. Typically each session is 30-60 minutes; however a more flexible length can be established. The time of sessions is to be agreed upon between the trainer and the client.
4. If the client is late, the session will only last until the end of the hour (or 30 minutes depending on the time the session scheduled) that the session was scheduled.
5. Any tardiness of more than ten minutes or absence without proper notification will result in the loss of the session.
6. If a session needs to be cancelled for any reason other than an emergency, a 24-hour notice must be given to the trainer.
7. No roll-over sessions or refunds will be granted, except for medical reasons, which must be endorsed by your physician.
8. It is recommended that you bring a water bottle (NO GLASS BOTTLES) to every session, a towel, and a yoga mat.

### TRAINER RESPONSIBILITIES:

1. The trainer will design a safe, effective exercise program on an individual basis that reflects the client's objectives, fitness level, and experience.
2. If the trainer is late for a session, that time is owed to the client at no additional charge.
3. Once you have purchased a personal training package, your trainer will contact you within the next 3 days either by phone or email.
4. The trainer will maintain an open line of communication throughout the course of service.



As an additional service, FOXX Fitness analyzes your nutrition habits through the Nutrition Questionnaire and Three Day Food Record. At your convenience you may bring your Nutrition Questionnaire and Three Day Food Record to your trainer for analysis. Try to be as specific as possible on these forms; for example, log the brand names, quantities, preparation (fried, microwave, grilled, etc.), and added condiments (butter, salt, etc.). If you have any questions about the forms, please ask your personal trainer. Please note that Personal trainers are not dieticians and only general nutritional information will be given.

## FOXX Personal Trainer Rates

### Service

<b>(\$10 "&amp; Fitness" gym membership required - \$20 for 1<sup>st</sup> month)</b>	<b><u>Rates</u></b>
1 (30) min workout	\$20
1 (1) hour workout	\$40
4 monthly 30 min sessions	\$65
4 monthly hourly sessions	\$143
8 monthly 30 min sessions	\$130
8 monthly hourly sessions	\$170
12 monthly 30 min sessions	\$195
12 monthly hourly sessions	\$425

Additional sessions will be charged per aforementioned rates

***\*\*Rates will increase after two month period***

### **Nataerobic Group Classes**

Single drop-in class	\$20
4 class monthly package	\$70
8 class monthly package	\$120

### **Informed Consent & Assumption of Risk**

**(Must be signed prior to beginning personal training sessions)**

I, \_\_\_\_\_, do hereby contract with the FOXX Personal Training Program to provide the services to me in the package circled and initialed by me above. Services will begin on \_\_\_\_\_.

I, acknowledge that I am entering into a program of physical activity including but not limited to walking, bicycling, weight lifting, and the use of various conditioning and exercise equipment and facilities designed, offered, recommended and/or supervised by FOXX Fitness Personal Training. I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this program. I understand that I must be cleared of any risk factors associated with physical activity before services can be offered. If risks are identified, I understand that I am required to provide the trainer with an official physician's statement to FOXX Fitness Personal Training \_\_\_\_\_.

(Initials)

I acknowledge and agree that this Personal Training Contract is not transferable or assignable. I understand that **Full** payment is required each month before I am allowed to train. I am selecting the following payment plan. \_\_\_\_\_.

(Initials)

**Please select one of the following**

Full Payment of entire Personal Trainer Contract by:

\_\_\_\_\_ Cash                      \_\_\_\_\_ Credit Card



I understand that I will not be permitted to continue training with the FOX Fitness Personal Training Program if payment is not made as contracted above and the FOX Fitness Personal Training Program reserves the right to cancel any and all training sessions if I breach this contract in any way. I further understand and agree that I will be responsible for all collection cost, court costs and attorney fees associated with the collection of any past due fee owed to FOX Fitness personal training program.

## **CANCELLATION POLICY**

I acknowledge that appointment times are reserved and the cancellation must be made at least 24 hours in advance. Cancellations should be made by calling 704.266.0009. I understand that all sessions must be used by the end of the month or they will be forfeited. It is my responsibility to attend my personal training appointments when they are scheduled. I understand FOX Fitness Personal Training has the right and authority to terminate the program with no refunds due to me.

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Client Signature & Date

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Trainer's Signature & Date