

ODU Recreation and Wellness Personal Training Agreement

Eligibility

Clients must be a currently enrolled student, faculty, or staff, or dependents or spouses of Old Dominion University.

Clients are required to complete proper documentation prior to participating in the personal training program. This will take place before the fitness assessment. All clients are required to attend a fitness assessment with his/her trainer.

ODU Recreation and Wellness reserves the right to deny training services to participants.

If a participant has a condition that puts him/her at risk for performing exercise, he/she will be asked to get a written consent from his/her personal physician.

Conduct of Training Sessions

All sessions will be conducted in a Recreation and Wellness Facility (UFC or SRC), which will be previously agreed upon by the trainer and the participant. Training sessions will be a maximum of 60 minutes in length. Each client will have a training record that contains the number of sessions purchased and the name of the trainer. After each session both the trainer and the client are required to sign and date the record.

The client must wear appropriate workout attire (shorts, t-shirts, sweatpants, tennis shoes, etc.)

No jeans, sandals, or open toe/heel shoes of any kind.

The fitness assessment will give the trainer a baseline of information, which will aid the trainer in developing a training program that meets the client's level of need and ability. Appropriate workout attire is needed for the fitness assessment as well.

1. Fees must be paid in the Student Recreation Center Pro Shop. Trainers may not receive direct or additional payments for their services.
2. **CANCELLATIONS:** Clients must cancel a session 24 hours in advance or you will forfeit a paid session. To cancel you may call the Student Recreation Center at 757-683-3384 between 6 a.m. and 9 p.m. Every effort will be made to reschedule an appropriately cancelled training session. Client/trainer contact information should be known by both parties. If you can't contact your trainer, then call the Coordinator for Fitness and Wellness at 757-683-4517.
3. **NO SHOW:** If the client fails to give a 24-hour notification of cancellation, then restitution would be forfeiting a paid session.
4. **LATE SHOWS:** A 10-minute rule will apply for scheduled appointments. If you don't show within 10 minutes past your scheduled appointment, the personal trainer will not be obligated to train you on that particular day. If the trainer decides to leave, you will forfeit a paid training session. If the trainer stays and you show up, they will only train you for the remainder of the scheduled training hour.
5. Personal training sessions are non-transferable and non-refundable. Medical conditions, which prohibit the completion of training sessions within the course of the semester, will be refunded if a physician's note is provided to the Assistant Director/Coordinator of Fitness and Wellness.
6. Personal training sessions will be conducted one-on-one, unless a partner package is purchased. With partner packages, you may share the cost of hiring a personal trainer. This is limited to two participants ONLY!
7. **All sessions will expire on June 30, 2019.** Unused sessions will not be refunded. Please work with your trainer to make sure you will use all sessions. You can begin to purchase sessions again, July 1, 2019.

I have read, understand, and will abide by the above agreement.

Client Name (Please Print)

Client Signature

Date

Witness (Trainer) Signature: _____

Date: _____