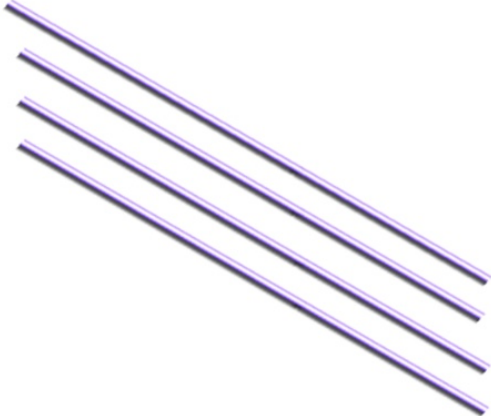


PERSONAL TRAINING





# 1 Of 1 Personal Training Contract / Agreement

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Congratulations on your decision to improve your health by participating in a professional exercise program!

With the help of 1 Of 1 Personal Training, you will greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The education you will learn during these training sessions can be used for a lifetime.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and, if applicable, unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

It is recommended that all program participants work with me three (3) times per week. However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible.

## **PERSONAL TRAINING TERMS & CONDITIONS:**

1. Before your package begins, you will receive (1) one-hour complimentary assessment session. This will allow me to better assess your physical capabilities, as well as understand the steps I need to take to help you reach your personal fitness goals.
  2. No personal training refunds will be issued for any reason, including but not limited to: relocation, illness, and unused sessions.
  3. By signing this agreement, you agree to put faith into my personal training knowledge and expertise. Although I will always do my best to prevent you from experiencing any injuries, the body can sometimes do unexpected things and I will not be held liable for any injuries inside or outside any personal training sessions. That said, rehabilitation outside of our training sessions is STRONGLY encouraged and equally, if not more important, than training. It will not only keep you healthy in the long run, but it will maximize your performance and results.
  4. Unless otherwise advised against, you agree to allow me to take workout and progress photos/videos during our sessions. You acknowledge and agree that I may use these photos/videos for 1O1 advertising and marketing purposes.
  5. If you arrive late for your session, you will receive the remaining scheduled session time, unless other arrangements have been previously made with me.
  6. The expiration policy requires completion of all personal training sessions within 60 days of purchase. Remaining personal training sessions are void after this time period. Ex: If you buy 4 sessions on January 15th, you will have 60 days including Jan 16th to complete those four sessions. All unused sessions will expire at the beginning of the following month and will not be carried over.
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# 1 Of 1 Personal Training Contract / Agreement

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7. Group training sessions are equivalent to ONE personal training session. This means, if one or more persons does not attend the allotted time scheduled for their group's session, his or her session will be forfeited. Ex. If the group starts with five sessions everyone ends with five sessions no matter the absences.

8. Personal training sessions that are not rescheduled or cancelled 24 hours in advance will result in forfeiture of the session and loss of the financial investment at the rate of the session. All sessions are dealt at a flat rate. You will receive two (2) complimentary cancelations without penalty of forfeiting the cancelled session. After that, it will be up to you to reschedule your session within the provided time. NO REFUNDS will be given. We are 100% committed to you and expect the same commitment back.

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## PRICING

Stretching-\$30

Nutrition Guidebook (Weight loss)- \$100

Personal Training Single Sessions- \$115/Hr.

Personal Training Packages (4-12)- \$100/Hr.

Personal Training Packages (13+)- \$95/Hr.

Partner Training single sessions(2ppl)- \$70<sub>each</sub>/Hr.

Partner Training Packages(2ppl)- \$50<sub>each</sub>/Hr.

Thank you in advance for your compliance.  
(I have read and understand the terms of this contract)

\_\_\_\_\_  
Signature of client

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

\_\_\_\_\_  
"Zac" Zacchaeous Brooks, CPT

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

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