

# Personal Training Services Agreement

Date: \_\_\_\_\_

Client Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Dear [Client Name],

We are pleased to enter into an agreement for personal training services. This document outlines the terms and conditions of our agreement.

## 1. Services Provided

Trainer will provide personal training sessions, nutrition advice, and ongoing fitness assessment.

## 2. Session Details

Each session will last for \_\_\_\_\_ minutes, held \_\_\_\_\_ (frequency of sessions).

## 3. Fees

The fee for personal training services is \$\_\_\_\_\_ per session, payable in advance.

## 4. Cancellation Policy

Cancellations must be made at least 24 hours in advance to avoid a cancellation fee.

## 5. Liability Waiver

Client acknowledges that participation in fitness training can be hazardous and agrees to waive any claims against the Trainer.

## 6. Acceptance

By signing below, both parties agree to the terms outlined in this agreement.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for choosing our personal training services. We look forward to working with you!

Sincerely,

[Your Name]

[Your Title]

[Your Company Name]

[Contact Information]