

Personal Fitness Instruction Agreement

Date: [Insert Date]

Client Name: [Insert Client Name]

Address: [Insert Address]

Dear [Client Name],

This Agreement outlines the terms and conditions under which personal fitness instruction services will be provided to you.

1. Services

The Trainer agrees to provide personal fitness training services, including but not limited to fitness assessments, personalized workout plans, and nutritional guidance.

2. Payment

The total fee for the services rendered will be [Insert Fee]. Payment is due [Insert Payment Terms].

3. Session Cancellation

Clients must provide [Insert Time Frame] notice for cancellation or rescheduling of sessions.

4. Liability Waiver

The Client agrees to release the Trainer from any liability for injuries that may occur during the training sessions.

5. Agreement Duration

This Agreement will commence on [Insert Start Date] and remain in effect until [Insert End Date].

Please sign below to indicate your acceptance of these terms.

Client Signature

Date: _____

Trainer Signature

Date: _____