

Personal Fitness Training Agreement

Date: [Insert Date]

Client Name: [Insert Client Name]

Address: [Insert Client Address]

Dear [Client Name],

Welcome to [Your Fitness Business Name]! We are excited to help you achieve your fitness goals. Please review the following terms for your training sessions:

1. Session Details

Type of Training: [Insert Type]

Session Duration: [Insert Duration]

Frequency: [Insert Frequency]

2. Payment Terms

Total Cost: [Insert Total Cost]

Payment due date: [Insert Due Date]

3. Cancellation Policy

Cancellations must be made at least [Insert Time Period] in advance to avoid being charged for the session.

4. Liability Waiver

Client agrees to participate in the training programs at their own risk and hereby releases [Your Fitness Business Name] from any liability.

5. Miscellaneous

This agreement may be amended only in writing and must be signed by both parties.

Please sign below to confirm your acceptance of these terms:

Client Signature

Trainer Signature

Thank you for choosing [Your Fitness Business Name]. We look forward to working with you!

Sincerely,

[Your Name]

[Your Fitness Business Name]

[Your Contact Information]