

Personal Training Service Contract

Date: [Insert Date]

Client Name: [Insert Client Name]

Address: [Insert Client Address]

Agreement

This agreement is made between [Insert Trainer's Name] (hereafter referred to as "Trainer") and [Insert Client's Name] (hereafter referred to as "Client").

Services Provided

The Trainer agrees to provide personal training services to the Client, which may include customized workout plans, nutritional guidance, and ongoing support.

Payment

The Client agrees to pay [Insert Amount] per session, with payments due [Insert Payment Schedule].

Cancellations

Client must provide at least [Insert Notice Period] notice for cancellations or rescheduling. Failure to do so may result in a charge for the session.

Liability Waiver

The Client understands that participation in fitness training involves physical activity that may carry risks. The Client agrees to waive any liability against the Trainer for any injuries sustained during training sessions.

Signatures

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

Trainer's Signature: _____

Client's Signature: _____