



Client Trainer Agreement

The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account your personal goals, fitness levels and exercise likes and dislikes.

The trainer will provide the coaching, supervision, advice and support that and the clients progress will be regularly monitored and programme revised and adjusted accordingly

The trainer will provide all necessary equipment and will organise appropriate venues for all training sessions.

The client information will be kept strictly private and confidential in adherence to General Data Protection Regulation principles. If the trainer requires further medical information from a practitioner the client must provide such details.

It is understood between client and trainer that both will commit to the programme and give 100% effort. The client is required to arrive on time for sessions.

The client is required to wear appropriate clothing and footwear. Clothes should be non-restrictive and footwear should be comfortable and provide adequate support.

Terms and Conditions

The client must complete a PAR-Q before commencing any exercise programme. Your trainer may require a letter of medical clearance from your GP. Please be aware that your GP may charge you for this.

12 hours notice of cancellation is required for all appointments. Notice of between 24 and 48 hours will require 50% payment of the session fee. Notice of less than 12 hours will incur full payment of the session fee.

If the client is late for the session, the session will not be extended and will end at the appointment time.

All payments must be made in advance and sessions must be booked in advance. All monies paid are non-refundable. 50% deposit is required for packages in advance.

Sessions and programmes are valid for a period of 30 days and not redeemable beyond this timeframe. In the event that the client is travelling or not able to physically attend the sessions within the 30 day period, the sessions will remain valid for a period of 6 weeks.

I recognise and understand all the terms and conditions set between my personal trainer and myself and I agree to follow all the guidelines set out above.

Client full name

Dated

Client signature

Trainer full name.....

Dated

Trainer signature