



# Freak Your Fitness Personal Training Agreement

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ today's date \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

Home # \_\_\_\_\_ Work & or cell # \_\_\_\_\_

Thank you for choosing a personal training program with Freak Your Fitness and Erin Cowton. I want you to feel 100% comfortable with your training program. My Goal is to help you achieve the results you want and make your fitness experience enjoyable.

### Commit to your success.

- Arrive 10 minutes prior to your scheduled appointment. If you arrive late for any session, your appointment will finish at the original scheduled completion time. \_\_\_\_\_
- You agree that if you feel lightheaded, dizzy, nauseous, or experience pain or discomfort at any time during a session, you will immediately stop the exercise and notify Erin Cowton. \_\_\_\_\_
- You agree to notify Erin Cowton with any changes or conditions in your health at any time while participating in the program, which might affect your ability to exercise safely. \_\_\_\_\_
- You agree to try to provide 24 hours notice to Erin Cowton if you wish to cancel and or re-schedule a scheduled appointment. \_\_\_\_\_
- Agreement Start Date: \_\_\_\_\_ Agreement End date \_\_\_\_\_. Sessions must be completed before the agreement End date (maximum of one year from the date of purchase unless a 12 month term is purchased).

I have carefully read this Personal Training agreement, including the terms on second page. I have received a copy of it. I understand the terms and conditions and agree to be bound by them.

Dated at Freak Your Fitness This \_\_\_\_\_ Day of \_\_\_\_\_ 20 \_\_\_\_\_

Signature of participant \_\_\_\_\_ Witness \_\_\_\_\_

Types of program : \_\_\_\_\_ personal training \_\_\_\_\_ Partner training \_\_\_\_\_ Group training / fitness class

Number of sessions \_\_\_\_\_ Amount Financed \_\_\_\_\_

Session type 1/2 hour \_\_\_\_\_ 1 hour \_\_\_\_\_ Monthly payment \_\_\_\_\_

Cost of program \_\_\_\_\_

Amount paid \_\_\_\_\_

Method of payment \_\_\_\_\_

Trainer ( Erin Cowton) signature \_\_\_\_\_