



The True Way To Health & Fitness

Troy Brown
Personal Trainer

Tru2Fitness.com

Personal Training Agreement

Name: _____

Home Address: _____

Home Phone _____ Cell _____ Work _____

E-Mail Address: _____

Training Session Start Date: _____ Training Rate: _____

Terms and Conditions for Personal Training

1. Payment in full is required prior to each training session. Payment methods accepted: Cash, Money Order and Checks. A service charge of \$25.00 will be assessed for any returned checks. After two returned checks the client will be asked to conduct their payment in the form of Cash or Money order only.
2. An initial screening/consultation may be required prior to starting the Personal Training Program if more than one year has passed since the last screening (Physical Exam by your Physician/Fitness Assessment by a qualified Personal Trainer).
3. If you are late for a session it will result in lost training time unless arrangements can be made with the trainer to make up for the time missed.
4. A 2-hour notice must be given to the trainer to cancel a session. Failure to do so will require the client to pay the full amount for the session missed. If two or more cancellations occur within a 30-day period, the client will be charged for each of the missed sessions regardless of notification (**Please make sure you have spoken with the Personal Trainer, and if the Trainer is unavailable at the time of your call, please leave a detailed message so he/she may contact you**).
5. Money will not be refunded on unused sessions regardless of the reason that the sessions were not used.
6. You have up to **90 days** to complete all session with each session package of purchase. (**It is beneficial that you are consistent with your sessions in order to get/receive the positive results from your designed exercise program**).

I fully understand the terms and conditions stated above, and agree to adhere to them without deviation or exception. I acknowledge that I have received a copy of this Agreement.



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Client Signature: _____ Date: _____

Personal Trainer Signature _____ Date: _____