**Personal training contract**

This agreement details the contractual relationship between trainer

Name: Linvell Christian

Located \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

And client

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Effective as of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To conduct my business effectively and efficiently the following terms and conditions apply:

* All cancellations must be announced at least 24 hours before any planned session.
* The client will be charged in instances where notice is not given within the allotted time-frame. However, emergencies or sudden illness will be exempt.
* Session costs will be reviewed and can possibly increase.
* Session costs may vary due to miles travelled or cost of venue.
* If a client is more than twenty minutes late for as session without prior notification to the trainer, The client will be considered a no show and The Client will be charged for the session without participating. If this happens consistently, loss of a time slot and/ or training may occur.
* Time slots cannot be guaranteed after lengthy spells away from sessions or time away without prior communication.
* I the trainer can cancel this agreement with immediate effect for non-payment of services within the allotted time frame.
* All payments are due on the first week of the month and will be considered past due after seven working days. The Client may not participate in training sessions with an overdue account. Sessions that go unused for the month will carry over to the next month but no further.
* Upon termination of this contract 1 months’ notice is required and sessions will continue to be provided during this time.

Payment plan for client \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed

Trainer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Client\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_