

Personal Training Contract

Name

Address

Email: _____

Phone number: _____

Client's name

Address

Email: _____

Phone number: _____

This Personal Training Contract ("Contract") is entered into between _____, hereinafter referred to as the "Client," and _____, hereinafter referred to as the "Trainer," collectively referred to as the "Parties."

1. **Services:** The Trainer agrees to provide personal training services to the Client for the duration of this Contract. These services may include, but are not limited to, fitness assessments, exercise programming, nutritional guidance, and lifestyle coaching.
2. **Duration:** This Contract shall commence on _____ and continue for a period of _____ unless terminated earlier as per the provisions of this Contract.
3. **Fees:** The Client agrees to pay the Trainer the following fees for the personal training services:
 - **Initial Payment:** _____ due on or before the commencement of the training.
 - **Recurring Payments:** _____ payable on a _____ basis, starting from _____, for the duration of this Contract.
 - **Late Payments:** In case of late payment, the Client shall be liable to pay an additional _____ or a percentage of the outstanding amount for each week/month of delay.
4. **Cancellation and Rescheduling:**
 - **Cancellation by the Client:** The Client must provide a minimum of [Notice Period] notice for canceling a scheduled training session. Failure to provide sufficient notice may result in the session being counted as completed.
 - **Rescheduling by the Client:** The Client may reschedule a training session with a minimum of _____ notice. The Trainer will make reasonable efforts to accommodate rescheduling requests.
 - **Cancellation by the Trainer:** The Trainer reserves the right to cancel or reschedule a training session with a minimum of _____ notice, subject to any emergency circumstances.
5. **Liability and Assumption of Risk:**
 - The Client acknowledges that engaging in physical exercise and training carries inherent risks. The Client assumes all risks associated with participating in the training sessions and agrees to release and hold the Trainer harmless from any claims, demands, or liabilities arising out of such participation.
 - The Client represents and warrants that they are physically fit to engage in the training sessions. If the Client has any medical conditions, they agree to consult with a medical professional before commencing the training.
6. **Termination:**
 - Either party may terminate this Contract by providing written notice to the other party.
 - In case of termination, the Client shall remain responsible for any outstanding fees or payments due up to the date of termination.

7. Confidentiality:

- The Trainer agrees to maintain the confidentiality of any personal or sensitive information shared by the Client during the course of the training, unless required by law or with the Client's consent.

8. Governing Law and Jurisdiction:

- This Contract shall be governed by and construed in accordance with the laws of _____. Any disputes arising out of or relating to this Contract shall be subject to the exclusive jurisdiction of the courts of_____.

9. Entire Agreement:


- This Contract constitutes the entire agreement between the Parties and supersedes any prior discussions, understandings, or agreements, whether written or verbal.

10. Amendments:

Any amendments or modifications to this Contract must be made in writing and signed by both Parties.

By signing below, the Parties acknowledge that they have read, understood, and agreed to the terms and conditions of this Personal Training Contract.

Client's Name: _____ **Client's Signature:**  _____

Trainer's Name: _____ **Trainer's Signature:**  _____

Date: _____