

Fitness Through Health Personal Training Agreement

This agreement is made between:

Client Name:

Trainer Name:

Business Name: Fitness Through Health

Date:

1. SESSIONS & SCHEDULING

The Client agrees to participate in a structured personal training program with a minimum of one session per week. Sessions are scheduled in advance and must be used within the agreed-upon timeframe.

Client Initials:

2. MISSED SESSIONS & MAKE-UP POLICY

If the Client is unable to attend a scheduled session due to travel or other commitments, they are responsible for scheduling a make-up session either before or after their absence. Make-up sessions must be arranged with reasonable notice and are subject to Trainer availability.

Client Initials:

3. NON-REFUNDABLE & NON-TRANSFERABLE POLICY

All purchased sessions are non-refundable and non-transferable. Sessions cannot be shared with or transferred to another individual. No refunds will be issued for unused sessions.

Client Initials:

4. CANCELLATION & RESCHEDULING

The Client must provide at least 24 hours notice to reschedule a session. Sessions canceled with less than 24 hours notice will be forfeited.

Client Initials:

5. EXPIRATION OF SESSIONS

To ensure consistency and progress, purchased session packages must be used within the following timeframes:

- 8-session package expires 3 months from the start date
- 16-session package expires 5 months from the start date
- 24-session package expires 7 months from the start date

Any unused sessions beyond these timeframes will expire and cannot be carried forward.

Client Initials:

By signing below, both parties acknowledge and agree to the terms of this Agreement.

Client Signature:

Date:

Trainer Signature:

Date: