

Personal Trainer/Client Agreement

I, Jay Oppenheim (the "personal trainer") agree to provide and do the following:

1. Provide appropriate fitness training and advice.
2. Provide a program that makes every effort to assure your safety.
3. Listen to your feedback, wants, and needs, and make adjustment to your training when appropriate.

I, _____ (the "client") agree to:

1. Communicate goals and needs.
2. Follow the program guidelines during training sessions and on unsupervised training days.
3. Communicate with the personal trainer during and after the training sessions regarding perceived exertion levels, pain, and/or discomfort.
4. Communicate satisfaction level with training program and trainer.
5. Pay the trainer in accordance with this agreement.

Personal Training Terms and Conditions:

1. Personal training sessions that are not rescheduled or cancelled 24 hours in advance will result in forfeiting the session and a loss of the value of one session.
2. The expiration policy requires completion of all personal training sessions within 180 days from the date of the agreement or the start of a new training package.

Client's name (please print clearly)

Client's Signature

Date: _____

Parent/Guardian's signature (if needed)

Date: _____