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As a Personal Trainer at Anytime Fitness I operate as an independent business, a contractor within the team. The purpose of this agreement is to give you an understanding of my commitments to your goals and what we need to put in place for you to achieve these goals.

**My Obligations to you**

* To deliver a professional service
* Sessions will always start on time
* Sessions will always be designed specifically to your goals
* To regularly monitor and update you on your progress
* And finally, to celebrate you achieving your goals

**Your obligations to achieving your goal**

* To attend every session on time – sessions will always start and finish on time
* To follow all facets of your program both in and outside of the gym
* All payments for the week need to be made prior to the first session (24 hours for DD)

**Cancellation Policy**

* If I change your appointment within 24 hours, at an inconvenience to you, your next session will be complimentary
* If you are unable to attend an appointment or wish to reschedule, you are required to give 24 hours notice. Failure to do so will result in the full session price being charged.

**Participation Disclaimer**

* Whilst all due care is taken to ensure sessions are designed to your level of health and fitness, it is ultimately up to you to decide whether to partake in each exercise and also to fully disclose any relevant medical conditions.

Agreed Upon by: ............................................................

Signature: .......................................................................

Date: ...............................................................................