

Client name: _____

Trainer: **Yolanda Martin**



PERSONAL TRAINING TERMS AND CONDITIONS

1. INTRODUCTION

Thank you for investing in personal training; I appreciate your time, focus and dedication to achieve your goals and looking forward to a great training relationship. Please take note of the following terms and conditions that will create the foundation and guidelines for your training time. Contractual partner within the scope of the following terms and conditions is Martiny's Fitness, represented by Yolanda Martin (hereinafter referred to as "MARTINY's FITNESS") and the customer (hereinafter referred to as the "CLIENT").

2. PAYMENT TERMS

Payment of services is made in advance of any training session taking place. Payment is made directly to MARTINY's FITNESS BANK ACCOUNT, an invoice should be requested for the sessions paid for. Training will start as soon as the money reflects on our account. **IMPORTANT NOTE:** All sessions need to be completed within 30 days after payment.

3. CANCELLATIONS AND REFUNDS

Should the CLIENT take few sessions off from training due to various reasons (holidays, personal time etc.) MARTINY's FITNESS cannot guarantee that the time slot will be available upon the CLIENTS return. If the CLIENT wants to reserve the slot upon return, a retaining fee of 50% of the session price agreed upon, must be paid up front. This payment is done on a monthly basis for the period of absence.

Please ensure to inform MARTINY's FITNESS with adequate notice (30 days) of such leave. If, for any reason, MARTINY's FITNESS needs to cancel an appointment, a complimentary session on a day and time suitable for both parties will be provided. It is the CLIENT's responsibility to confirm his/her sessions with MARTINY's FITNESS. **Clients not confirming sessions and is a no show, the session is automatically cancelled. (???)**

Should the CLIENT miss more than 6 (SIX) workout sessions in a month, the CLIENT can take 2 (TWO) make up sessions in a month. Make up sessions will not be rescheduled. MARTINY's FITNESS requests a 6-hour cancellation notice. Failure to do so will result in the CLIENT being charged the full session rate. If the CLIENT is unable to continue a scheduled personal training sessions due to medical reasons, the CLIENT will be required to provide a letter from a doctor as an evidence restricting exercise; the sessions will then be frozen up to 30 days until the CLIENT is able to resume the missed sessions. Sessions cancelled due to long term health issues or travel will not be refunded.

4. TARDINESS

Should a CLIENT be late for her/his session, there will be a reduction in the session length equal to the time the CLIENT was late. The CLIENT will be billed at the scheduled rate. If the CLIENT is more than 30 minutes late, the session may be cancelled and the CLIENT will be billed for the session.

5. DISCLAIMER

MARTINY's FITNESS is not medically certified to prescribe treatment for any kind of injury, diseases or other medical condition. It is the CLIENTS responsibility to ensure that she/he is physically fit to exercise. If there are any doubts, the CLIENT should seek medical advice before embarking on a new training programme with MARTINY's FITNESS.

Prior to, or during the course of training, should an injury occur we may need to seek further input from a medical doctor, physiotherapist or other health professionals.

MARTINY's FITNESS are not qualified nutritionists, we may however, give tips on more healthy lifestyle. Please note that those advises do not come with additional cost.

Client Name

Trainer

____/____/20____

Date

____/____/20____

Date

Signature

Signature