

Personal Training Agreement and Waiver

Trainer: [Trainer name], [Business name] **Client:** [Client name] **Date:** [Date]

1. Services

Trainer will provide [Choose one: "[Number] personal training sessions of [Number] minutes" / "a monthly package of [Number] sessions"] at [location, or "online"], [plus a workout plan / nutrition guidance — describe]. Trainer is not a doctor or registered dietitian and does not provide medical advice or diagnosis.

2. Price and Payment

Client will pay [Choose one: "[Amount] per session, due at booking" / "[Amount] for the package, paid in advance" / "[Amount] per month, billed on the [day]"]. Package sessions expire [Number] months after purchase. Refunds of unused, paid sessions: [Choose one: "prorated if Client ends this agreement for a medical reason or moves away" / describe your policy]. [Check your state: some regulate prepaid fitness contracts, including cancellation rights.]

3. Scheduling and Late Cancellation

Sessions are scheduled in advance. If Client cancels with less than [Number, e.g., 24] hours' notice or doesn't show up, the session counts as used. If Client is more than [Number] minutes late, the session ends at its scheduled time. If Trainer cancels, the session is rescheduled at no charge.

4. Health Information

Client confirms that Client has told Trainer about any medical condition, injury, medication, or pregnancy that could affect exercise, and will tell Trainer of any change. Trainer may require clearance from Client's doctor before starting or continuing. Client will stop exercising and tell Trainer right away if Client feels pain, dizziness, shortness of breath, or anything unusual.

5. Assumption of Risk

Client understands that physical exercise carries inherent risks, including muscle strains, sprains, falls, and in rare cases heart problems or other serious injury, and voluntarily chooses to participate.

6. Release of Liability

To the extent the law allows, Client releases Trainer from liability for injury or loss arising from the ordinary risks of training under this agreement. This release does not cover injury caused by Trainer's gross negligence or intentional misconduct, which the law does not allow to be waived. [Check your state: some limit or don't enforce these releases. If Client is under 18, a parent or guardian must sign this agreement as the Client.]

7. Insurance and Credentials

Trainer holds [certification, e.g., "a current [organization] certification and CPR/AED certification"] and professional liability insurance of [Amount].

8. Ending This Agreement

Either party may end this agreement with written notice. Paid, unused sessions are handled under Section 2. This agreement is governed by the laws of the State of [State].

Signatures

By signing below, each party agrees to these terms.

[Trainer name] ("Trainer")

Signature: _____ Printed name: _____ Date: _____

[Client name] ("Client (or parent/guardian of a minor client)")

Signature: _____ Printed name: _____ Date: _____

This template is a general starting point, not legal advice — customize it and have it reviewed for your situation.