

# **Battles' Fitness Training**

## **Personal Training Purchase Agreement**

Congratulations on beginning your personal training program, and thank you for choosing Battles' Fitness Training! I am delighted you chose us as part of your commitment to health and fitness. With my assistance you will improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The details of these training sessions can be used for a lifetime.

In order to maximize progress it is important to follow the program guidelines during both supervised and, if applicable, unsupervised training days. Remember, exercise and a healthy diet are EQUALLY important.

The following information will provide you with important program policies. Before starting the training please read and sign this form to acknowledge that you have read and understand the following information.

## **Personal Training Information and Policies**

This agreement is made and entered on (date, MM/DD/YYYY) \_\_\_\_\_, between (print name) \_\_\_\_\_, the Client, and Chris Battles. In consideration of the mutual promises exchanged herein and other good and valuable consideration, the parties agree as follows:

**Commitment:** By purchasing sessions, Client is making a commitment to his/her health. Clients should follow the program and instructions of Trainer to the best of their ability to maximize their results and better achieve their goals. Remember, the ultimate results are up to the Client. Chris will show the Client how to work his/her muscles correctly and encourage him/her to go to his/her safe limit, but Client is the only one who can make sure he/she works out consistently, eats properly, gets plenty of sleep and lives a healthy lifestyle.

1. **Fitness Assessment and Orientations:** Initial inquiry to clients' goals and health history is free of charge. The first workout session consists of an initial fitness assessment and introductory workout resulting in a \$10.00 fee. After this initial assessment and workout session this contract will be offered for client to specify the program they wish to continue.
2. **Specifics:** Trainer and Client shall agree upon the time, specific goals, content, and location of the personal training sessions ("Sessions") at the rate set forth on the attached rate sheet and detailed below.
3. **Length of Sessions:** Sessions will last approximately one hour. Chris may opt to vary the length of sessions at his discretion.
4. **Punctuality:** Client shall be attired as discussed below and ready to train at the time specified. Failure to be prepared to train may result in a shortened workout or possible cancellation of the Session under paragraph eight (8) below if Client is more than fifteen (15) minutes late. If Client anticipates running late, he/she should contact Chris as soon as possible.
5. **Attire:** Client must wear comfortable workout attire, including but not limited to, clean t-shirts, shorts, tights, sweats and/or tracksuits. Athletic shoes must be supportive and functional. Workout gloves are optional. Please do not hesitate to ask Chris for advice on what type of clothing and shoes are appropriate.
6. **Stopping Exercise:** Client may refuse or stop any exercise for any reason. It is Clients' responsibility to notify Chris of any discomfort or pain arising from or during exercise, as well as any and all other known limitations Client has or experiences so that Chris may accommodate Client and substitute another exercise to work that particular muscle group.
7. **Payment:** Payment may be made in advance of sessions in one lump sum for a discount or may be paid per session. Chris accepts cash or check. Payments paid per session should be paid to Chris directly prior to the beginning of the workout session. To take advantage of a discounted package of multiple sessions, payment is due in a lump sum at the time of signing of this contract. Credit cards are accepted however a 2.75% processing fee will be added to your session fee.

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8. Cancellation of Individual Session: Twenty-four (24) hour cancellation, by phone or email, is required for rescheduling or cancelling any and all individual Sessions. Any and all cancellations with less than twenty-four (24) hours' notice will result in forfeiture of the session without refund. If Chris must cancel a session, he will do so, by phone, with at least twenty-four (24) hours' notice or Client will receive a complementary Session for his/her inconvenience. This complementary session must be used within sixty (60) days of the date of the cancelled session. After sixty (60) days the offer of a complimentary session will expire.
9. Cancellation and refund of all Sessions: Client may cancel this contract within four (4) business days after the date this contract was signed for a full refund of any and all payments made under this contract.
10. Relocation: Should Client relocate his/her residence farther than twenty-five (25) miles outside Chris's service area and should Chris be unwilling to travel to Client's new residence due to the distance then Chris or Client may cancel this contract and Client shall be liable for only that portion of the charges allocable to the time before reasonable evidence of such location is presented to Chris.
11. Disability or Other Special Circumstances: Should Client become unable to use or receive services under this contract due to disability or other circumstances, Client, or Client's estate as the case may be, shall be liable only for that portion of the charges allocable to the time prior to the onset of disability.
12. Cancellations in Writing: Notice of cancellation must be made in writing and delivered to Chris by certified or registered mail to Chris Battles at 1855 Trinity Ave. #9, Walnut Creek, CA, 94596, or by email at [chrisbattlestraining@gmail.com](mailto:chrisbattlestraining@gmail.com) for any and all cancellations of all sessions or remaining sessions subject to the requirements of paragraphs nine (9) through eleven (11) above. All refunds will be made to the customer or his estate within thirty (30) days of receipt of the cancellation notice.
13. Option to Renew: Client shall have the option to renew this contract once the contract is complete. By renewing a contract, Client acknowledges and agrees that Chris Battles acted professionally in all prior sessions.

Program Goals: \_\_\_\_\_

Number of Sessions: \_\_\_\_\_

Number of Clients per Session: \_\_\_\_\_

Rate per Session: \$ \_\_\_\_\_

Payment Options:  Payment in Full  Payment per Session

## **Best of Luck on Your New Personal Training Program**

\_\_\_\_\_  
Participant's Name (please print clearly)

\_\_\_\_\_  
Participant's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian signature (if needed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Trainer's signature

\_\_\_\_\_  
Date

## **Battles' Fitness Training**

### **Rates**

	<b>1 Session</b>	<b>5 Sessions</b>	<b>10 Sessions</b>	<b>22 Sessions</b>
<b>Price without discount</b>	\$50	\$250	\$500	\$1,000
<b>Price with discount</b>	N/A	\$235	\$450	\$880
<b>total savings</b>	N/A	\$15	\$50	\$120
<b>Price per session</b>	\$50	\$47	\$45	\$40