



## Personal Training Agreement

Congratulations on your decision to participate in private lessons with The Thai Boxing Institute. With the help of your personal trainer, you greatly 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 will be necessary for you to follow program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are EQUALLY important. During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risk of injury but we try our best to minimize any such risks. In volunteering for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

By signing below, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by the leaders of the program. It is recommended that all program participants work with their personal trainer three (3) times per week, However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible.

### Personal Training Terms and Conditions

1. To cancel or reschedule an appointment, please call or text **3105965034** When a client schedules a session with us, a block of time is reserved specifically for that client. Time is valuable for both us and our clients. Therefore, 24-hour notice is required to cancel or reschedule a session. Should a 24-hour cancellation or rescheduling notice not be given, that session will be deducted from the client's package of purchased sessions. As a courtesy to our clients and because we realize emergencies do occur, clients may cancel or reschedule a session up to **1** time per package outside the 24-hour cancellation and rescheduling policy by giving us a minimum 3-hour notice. If a client chooses to use this option and gives at least a 3-hour notice, that session will not be deducted from the client's package of purchased sessions. However, a cancelled or rescheduled session will still be deducted from the client's package of purchased sessions if less than a 3-hour notice is given in any case.
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
3. No personal training refunds or transfers will be issued for any reason, including but not limited to relocation, illness, and unused sessions.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

