



Welcome to Elite Fitness Training and congratulations on beginning your fitness journey! We are delighted you chose to join Team Elite as part of your commitment to health and fitness. Your personal trainer and/or boot camp instructor will be guiding you during your sessions in order to maximize your progress. Remember, independent exercise and appropriate nutrition are equally important to achieving your goals.

The following information will provide you with important program policies. Before getting started, please read and sign this form to acknowledge that you understand and agree to comply with the policies.

ELITE FITNESS TRAINING INFORMATION AND POLICIES:

This agreement is made by and between Elite Fitness Training (hereinafter referred to as EFT) and _____ (**Print name** - hereinafter referred to as “Client”) and the parties agree to the following:

- 1. PURPOSE:** The purpose of this agreement is to provide a training program for the Client, whether that is in the form of personal training or group classes. I realize that EFT is responsible only for providing the coaching I request by hiring these services. I am responsible for my participation in this program.
- 2. DISCLAIMER OF GUARANTEE:** Nothing in this agreement and nothing in trainer’s statements to the Client shall be interpreted or construed as a promise or guarantee about the progress or result of the Client’s personal training program.
- 3. LIMITED LIABILITY COMPANY:** The Client hereby agrees to hold Elite Fitness Training Center, LLC (DBA Elite Fitness Training), the trainers and instructors, as well as its beneficiaries harmless for any injuries or accidents suffered by the Client during a session with Trainer.
- 4. COMMITMENT:** By purchasing sessions, the Client is making a commitment to their 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. The trainer will show the Client how to work muscles correctly and encourage them to go to a safe limit, but the Client is the only one who can make sure he/she trains consistently, eats properly, gets plenty of rest, and lives healthfully.
- 5. SPECIFICS FOR PERSONAL TRAINING SESSIONS:** EFT is a private training studio and sessions are by appointment only. EFT and the Client shall agree upon the time, program frequency, and content of personal training sessions at the rate detailed below. The Client is to attend sessions at said training time and is not able to join other regularly scheduled groups, sessions, or train on their own. Should your trainer become unavailable due to illness, etc. EFT will make reasonable and appropriate efforts to make up the missed session(s). Periodically EFT will close to observe a national holiday(s), facility maintenance, upgrade or repair. Notices will be posted at the studio to inform you in advance of any closures. _____ (**client’s initials**)
- 6. LENGTH OF PERSONAL TRAINING SESSIONS:** Sessions are thirty minutes in length. Clients are welcome and encouraged to come in early to stretch and warm up by utilizing the cardio equipment.
LENGTH OF BOOT CAMP/GROUP CLASSES: All of our group classes are usually 45 minutes in length. Should the class time vary it will be listed on our website and on the class calendar.
- 7. PUNCTUALITY:** Clients shall be appropriately attired and ready to train at the time specified below under Program Description. Failure to be prepared or present to train may result in a shortened workout or possible cancellation of the session if the Client is more than fifteen (15) minutes late. _____ (**client’s initials**) If the Client anticipates running late, they should contact their trainer as soon as possible. If the Client is planning on attending a boot camp/group class it is up to the discretion of the instructor on if it is safe for the Client to join the class late. _____ (**client’s initials**)
- 8. ATTIRE:** Clients must wear comfortable/clean gym attire, including but not limited to, shirts, shorts, tights, sweats/pants. Athletic shoes must be supportive and functional. Workout gloves are optional. Please do not hesitate to ask your trainer for advice on what type of clothing and shoes are appropriate.
- 9. STOPPING EXERCISES:** Clients may refuse or stop any exercise for any reason. It is the Client’s responsibility to notify their trainer or instructors of any discomfort or pain arising from or during exercises as well as any and all other know limitations. This allows the trainer to accommodate the Client and substitute another exercise to work that particular muscle group.
- 10. PAYMENTS:** Payment is to be made monthly on the date specified below in the payment section. It is the Client’s responsibility to pay his/her bill on time, even in the event he/she does not receive an invoice, does not attend a session, or is otherwise incapacitated. Should the Client fail to complete payment on time or payment is declined by your financial institution a \$25 late fee will be charged, per instance, to the Client’s account and due in addition to the regular monthly fee. EFT accepts most major credit cards, debit cards, check and cash. EFT does not hold checks or accept post-dated checks. _____ (**client’s initials**)

12. **MISSING PERSONAL TRAINING SESSIONS:** EFT asks that Client's give their trainer a 24-hour courtesy notice, or as soon as possible should it be an emergency, if they do not plan on attending their regularly scheduled session. The Client understands that they are paying for the day/time listed below and that makeup sessions are limited to utilizing boot camp. _____ **(client's initials)** If the trainer must cancel a session, they will do so by phone or text as soon as they are aware of an illness or schedule conflict and arrangements will be made for a makeup session(s) as soon as possible.

13. **TRANSFERABILITY:** This agreement shall be binding only between EFT and the undersigned Client. The Client may not sell, assign or transfer his/her rights to personal training services or boot camp/group classes, to any other party.

14. **DISABILITY:** Should the Client become unable to use or receive services under this contract due to disability, Clients shall only be liable for that portion of the charges allocable to the onset of disability. EFT requires reasonable evidence of disability to be presented at the time of cancellation. Reasonable evidence includes, but is not limited to, a doctor's letter about the onset of disability.

15. **CANCELLATION POLICY:** EFT requires a **30-day notice** to cancel memberships. This applies to **ALL** boot camp/group class and personal training clients. Cancellations may be submitted by email to jarrod@elitefitnessstraining.com or a written notice may be left at the front desk. We are pleased to be able to offer fitness services with no sign-up fees or first/last month deposits and we thank you for being our valued client. _____ **(client's initials)**

PAYMENT:

Your membership payment will process monthly on _____ from your financial institution on file (credit card or bank). For those who have made arrangements to pay in cash a credit card or alternate form of payment is still required to be on file as a secondary form of payment should it be required for membership or store purchases.

I authorize EFT to charge my card on file should I fail to make my cash payment on time. _____ **(client's initials, if applicable)**

PROGRAM DESCRIPTION: _____

(i.e. weight loss, body sculpting, boot camp)

- **NUMBER OF SESSIONS PER WEEK:** _____
- **DAYS & TIMES OF SESSIONS:** _____
- **PRIVATE SESSIONS OR NUMBER OF TRAINING PARTNERS:** _____
 - I am signing up to train with a partner(s) and understand that any fluctuation in the number of training partners may affect my monthly rate. _____ **(client's initials, if applicable)**
- **BOOT CAMP/GROUP CLASSES MONTHLY MEMBERSHIP** (Unlimited, twice a week, or a personal training package add-on) : \$ _____
- **BOOT CAMP/GROUP CLASSES ANNUAL MEMBERSHIP** (Unlimited or twice a week) : \$ _____
 - Annual members may put their account on "vacation mode" one time per calendar year.
- **TOTAL MONTHLY RATE:** \$ _____

This agreement sets forth the entire understanding of the parties and may not be changed except by the written consent of both parties.

Client's name (please print clearly)

Client's signature

Date

Parent/guardian signature (if client is under 18)

Date

Elite Fitness Training Representative

Date