**Personal Training Contract**

Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (full name here) hereby agree to accept and be legally

bound by this Personal Training Contract. By Signing this document, I attest acknowledge and agree that I am legally bound by it’s content

**Eligibility**

* Clients will be required to complete proper documentation prior to participation in or receiving their personal training program
* Client agrees that he/she has no disability, impairment or ailment that will prevent him or her from engaging in weight training, cardio or any exercise or activity provided
* Medical Recommendations. Client is strongly advised to consult with his/her physician or to have a physical examination before starting any program, especially if client is elderly, pregnant, has a history of heart disease, high blood pressure or other chronic illness, or is unaccustomed to strenuous physical exertion or has any other physical limitations that could create an increased risk of injury or adverse health consequences from strenuous exerciseThe personal trainer reserves the right, at any time, to deny services to clients that fail to follow the program and its requirements
* Cancellations must be made 24 hours prior to the scheduled appointment time.
* XFactor Sports and Fitness reserves the right to charge a cancellation fee equivalent to a full personal training fee or the loss of a training session.
* There are no refunds on any program or services
* There will be a $30 charge for any returned checks
* Payments must be made in full by date provided

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Signature Date