



The Personal Training Agreement (hereinafter, the Agreement) with Super Starr Fitness and Health and the named parties stated below hereby agree to the following terms and conditions.

GENERAL TERMS

Client acknowledges that they agree for the services of a personal trainer provided by Starr Gamble.

The Trainer will design a tailored exercise program for Client that reflects the Client's objectives, fitness level, and experience. Training programs shall have various Training Sessions. Each Personal Training Session shall last the length of time agreed upon.

ATTACHMENT

Client has read and executed the Full Disclosure of Physical Conditions/Informed Consent Health Questionnaire, and Release Liability form, which is attached.

TRAINING PACKAGES AND PAYMENTS

Training sessions include various exercise programs involving various activities. Example of activities are cardiovascular system, heart rate, muscle strength, endurance, flexibility, circuit training, circuit machinery, and any other training activities, techniques, and/or exercises.

The Training sessions/package rate agreed upon with trainer is due on the first training session in the total amount of the service/package. Unless other arrangements are agreed upon with Super Starr Fitness & Health.

- Additional nutrition plans are available for an additional rate.
- Additional individual home workouts are available for an additional rate.

CANCELLATION POLICY

Finally, I understand and agree to provide a 24hr advance notice of any cancellation of individual training sessions. If a cancellation is made within 24hrs, that training session may be forfeited; (exceptions are emergencies: family death/hospitalization). However, there will always be an attempt made to schedule a make-up session if time and availability permits. Once payment is received for the training sessions there are no refunds. I also agree to provide a two week notice upon termination of personal training services, as to enable Super Starr Fitness and Health the time and opportunity to make the necessary schedule adjustments and business transitions.