



Personal Training Agreements Upon becoming a Client

Please note: If you are not currently a client this is for informational purposes only and acknowledging you reviewed our forms!

Client _____ Date: _____

Please note if you choose to hire Starr Gamble with Super Starr Fitness and Health as your personal trainer a minimum of three consecutive months of service is required. _____ (Please initial).

The Personal Training Agreement (hereinafter, the Agreement) with Super Starr Fitness and Health Inc. 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.

Monthly payments are accepted. The trainer will design a tailored exercise program for the client that reflects the client's objectives, fitness level and experience. Each personal training session shall last the length of time agreed upon. *No extra guest allowed unless receiving service.* _____ (Please initial).

TRAINING PACKAGES AND PAYMENTS

New clients: Payment is due no later than 48 hours prior to first session in the total amount of sessions purchase for the month or package rate. Failure to do so will result in session cancellation.

Payment options:

Cash

Cash app (\$Superstarrfit)

Zelle (superstarrfitness@gmail.com). **No credit cards.** _____ (Please initial).

Please do not make payments more than seven days in advance. _____ (Please initial).

PACKAGE / SESSION POLICY

Training packages offered are for 12 consecutive weeks starting the first paid session. There are no grace periods unless other arrangements are agreed upon. _____ (Please initial).

Once payment is received for the training sessions or package there are **no refunds.** _____ (Please initial).

CANCELLATION POLICY

Finally, I _____, understand and agree to provide a **24-hour advance notice of any cancellation of individual training session.** If a cancellation is not made 24 hours in advance that training session may be forfeited; (exceptions are emergencies: family death/hospitalization/car accident). However, there will always be an attempt made to schedule a make-up session if time and availability permits.

When rescheduling a missed training session(s) the client will have **seven** days to make-up the session. Funds will not be prorated for future sessions and payment dates will not be altered. _____ (Please initial).

*Please note that appointment reminders are sent via text message the day prior to your session, please confirm your appointment once notified and answer the COVID-19 questionnaire with a Yes or No reply.

Please provide a two week notice upon termination of renewal of package, as to enable the company time and opportunity to make the necessary schedule adjustments.

_____ (Please initial).

Client Signature _____ Date: _____

CPT _____ Date: _____

