

PERSONAL TRAINING SERVICES AGREEMENT

Location: _____ Date: _____

Client Information:

Full Name: _____

Address: _____

Phone / Email: _____

Trainer Information:

Full Name: _____

Business Name (if applicable): _____

Address: _____

Phone / Email: _____

Training Program Details:

Program Type / Focus: _____

Session Length (minutes): _____

Number of Sessions: _____

Location(s) of Training: _____

Fees and Payment Terms:

Fee per Session: _____ USD

Total Fee: _____ USD

Payment Method: _____

Payment Schedule: _____

1. Services Provided

Trainer agrees to provide personal training services to Client as described above. Services will be performed with professionalism, care, and in accordance with industry standards.

2. Client Obligations

Client agrees to provide accurate health information and to notify Trainer of any medical conditions or physical limitations. Client acknowledges that participation in physical activities involves risk of injury.

3. Health and Medical Disclaimer

Client represents that they have received medical clearance to participate in the training program and understands the importance of following Trainer's instructions. Trainer is not responsible for any injuries sustained.

4. Scheduling and Cancellation

Sessions shall be scheduled by mutual agreement. Client agrees to provide at least 24 hours' notice for cancellations. Sessions cancelled without sufficient notice may be forfeited or charged.

5. Fees and Payment

Client agrees to pay Trainer the fees outlined above. Payment is due prior to or at the time of each session unless otherwise agreed in writing.

6. Term and Termination

This Agreement will remain in effect until completion of the agreed sessions or until terminated by either party with written notice. No refunds will be given for unused sessions unless otherwise agreed.

7. Confidentiality

Trainer agrees to keep all Client information confidential except as required by law. Client consents to Trainer using aggregated data for marketing or research without identifying Client.

8. Liability Waiver

Client releases Trainer from any liability for injury, loss, or damage arising from the training services except in cases of gross negligence or willful misconduct.

9. Independent Contractor

Trainer is an independent contractor and not an employee of the Client. Nothing in this Agreement creates an employer-employee relationship.

10. Governing Law and Dispute Resolution

This Agreement shall be governed by the laws of the State of _____. Any disputes shall be resolved through mediation or binding arbitration in accordance with applicable rules.

11. Entire Agreement

This Agreement constitutes the entire understanding between the parties and supersedes all prior agreements. Amendments must be in writing and signed by both parties.

12. Severability

If any provision is held invalid or unenforceable, the remainder of the Agreement shall remain in full force and effect.

13. Notices

All notices shall be in writing and delivered by hand, certified mail, or electronic means with confirmation to the addresses provided above.

14. Force Majeure

Neither party shall be liable for failure or delay in performing obligations due to causes beyond reasonable control, including but not limited to natural disasters, acts of government, or pandemics.

15. Consent to Electronic Signatures

The parties agree that electronic signatures are valid and binding as originals.

16. Acknowledgment

Client acknowledges having read, understood, and voluntarily entered into this Agreement, and agrees to be bound by its terms.

CLIENT'S SIGNATURE

TRAINER'S SIGNATURE

Signature: _____

Signature: _____

Original source of this document:

<https://docs-wellness.com/personal-training-contract-template/>

Did you find this template helpful?

Find more updated templates at:

<https://docs-wellness.com/>

[View more templates](#)

This template is intended exclusively for personal, non-commercial use.
If distributed or published, the source must be mentioned.

This template is provided for guidance only and does not constitute legal advice.
It is recommended to consult a legal professional for each specific case.