

PERSONAL TRAINING AGREEMENT

I, _____, agree to actively participate in my Personal Training sessions and commit to all reasonable requests made by my trainer to achieve my goals.

Our commitment to you:

- Your first session will include a clear outline of the terms and conditions of your personal training program. You will also complete an initial assessment to establish your goals, as well as a movement screen to guide your individualised exercise prescription.
- Your trainer will have a structured plan and training program for every session.
- Exercises prescribed will be suitable for achieving your goals.
- Baseline, mid-point and final tests/measures will be taken to track your progress.
- Your trainer will arrive on time and greet you at reception at the start of each session.
- If your trainer arrives late, you may choose to either extend that session to make up the time or add the time to your next session.
- If your trainer goes on leave for an extended period or ceases employment with Adelaide University, you will be offered the opportunity to transfer to another trainer for future sessions.

Your commitment to us:

- Sessions must be paid for in full at least 24 hours prior to the scheduled session. For pay-as-you-go clients, it is expected that payment for the next session is made at the conclusion of the current session.
- To cancel a session, you must provide at least 12 hours' notice directly to your trainer via the agreed communication method. Failure to do so will result in forfeiture of the session.
- Cancellations made within 12 hours of the session will be deemed a 'Late Cancellation' and the session will be charged accordingly.
- Sessions cancelled with sufficient notice may be rescheduled within seven days.
- Arriving late to a session will result in forfeiture of lost time. Sessions will end at the scheduled finish time.
- Failure to attend a scheduled session without cancelling or rescheduling will result in the session being deducted from the client's package of purchased sessions.

I acknowledge and agree to the terms and conditions of the Personal Training Agreement. My trainer has answered all my questions, and I am ready to begin achieving results through hard work and focused training.

Adelaide University Facilities will not be responsible for any loss or damage to you which arises from negligence of its officers, servants, agents, independent contractors, voluntary workers, other users of the facility or participants in the activities or spectators or other parties providing services through or in the facilities in the centre.

Date _____

Client Name (Print) _____ Client (Signature) _____

Trainer Name (Print) _____ Trainer (Signature) _____

OFFICE USE ONLY

Current membership of client: _____ **Student Card Expiry:** _____

Saved on Adelaide University Drive