

# CFS Personal Training Agreement

Welcome to Cruz Fitness Systems ("Vinny Cruz") and congratulations on beginning your personal training program! I am delighted you chose me as a part of your commitment to health and fitness. With my help, you will improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The details of these training sessions can be used for a lifetime.

In order to maximize progress, it is important to follow program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

The following information will provide you with important program policies. Before getting started, please read and sign this form to acknowledge that you have read and understand the following information.

## Personal Training Information

This Agreement is made and entered into on the \_\_\_\_\_ of \_\_\_\_\_, 2024, by and between Vinny Cruz and:

_____	Email Address	_____
Full Name		
_____	Work Phone	_____
Address	City	
_____	Cell Phone	_____
Emergency Contact	Phone	

("Client") and Trainer. In consideration of the mutual promises exchanged herein and other good and valuable consideration, the parties agree as follows:

1. **Commitment:** Client is making a commitment to his/her health. Clients should follow the program and instructions of Trainer to the best of their ability to maximize their results and better achieve their goals. Remember, the ultimate results are up to the Client: Trainer will show Client how to work his muscles correctly and encourage him/her to go to his/her safe limit, but Client is the only one who can make sure he/she works out consistently, eats properly, gets plenty of sleep, and lives a healthy lifestyle.

**Specifics:** Trainer and Client shall agree upon the time, program type, content, and location of personal training sessions ("Sessions") at the rate set forth in this agreement.

\$80. Per hour session. \_\_\_\_\_

\$40 for second person. \_\_\_\_\_

\$100 if trainer travels to Client. \_\_\_\_\_

2. **Length of Sessions:** Sessions will last approximately 60 (sixty) minutes.

3. **Punctuality:** Client shall be attired as discussed below and ready to train at the time specified in paragraph 2. Failure to be prepared to train may result in a shortened workout or possible cancellation of the Session under paragraph eight (8) below if Client is more than fifteen (15) minutes late. If Client anticipates running late, he/she should contact Trainer as soon as possible.

4. **Attire:** Client must wear comfortable workout attire, including, but not limited to, clean t-shirts, shorts, tights, sweats, and/or tracksuits. Athletic shoes must be supportive and functional. Workout gloves are optional. Please do not hesitate to ask Trainer for advice on what type of clothing and shoes is appropriate.

5. **Stopping Exercises:** Client may refuse or stop any exercise for any reason. It is Client's responsibility to notify Trainer of any discomfort or pain arising from or during exercise, as well as, any and all other known limitations Client has or experiences so that Trainer may accommodate Client and substitute another exercise to work that particular muscle group.

6. **Payment:** Payment may be made in advance of Sessions in one lump sum. **Payment must be completed for all Sessions by Friday.** Trainer accepts cash or Zelle only. It is CLIENT'S RESPONSIBILITY to pay his/her bill, even in the event he/she does not receive an invoice.

7. **Cancellation of Individual Sessions: Twenty-four (24) hour cancellation notice,** by phone, is required for rescheduling or cancelling any and all individual Sessions. Any and all cancellations with less than twenty-four (24)

hours' notice will result in forfeiture of the Session without refund. If Trainer must cancel a Session, he will do so, by phone, with at least twenty-four (24) hours' notice or Client will receive a *complimentary* Session for his/her inconvenience. This complimentary Session must be used within (30) days of the date of the cancelled Session. After thirty (30) days, the offer of a complimentary Session will expire.

8. **Training Behavior and Ethics:** As adults it is expected that this training time be kept respectful and professional at all times. During training please refrain from cursing, or using foul language or any forms of sexual gestures or jokes or from damming or blaspheming the name of God or of The Lord Jesus Christ.

\_\_\_\_\_  
Participant's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/guardian signature (if needed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Trainer's signature

\_\_\_\_\_  
Date