



Create Your Own Finish Line, LLC, 4242 Airport Road, Cincinnati Oh, 45226, Ph: (513) 324-7196

### **Client/Personal Trainer Agreement**

As your personal trainer, I agree to provide you with the motivation, education, guidance, and individual instruction required to achieve your personal fitness goals.

**Objective: To design a tailored exercise program that reflects your objectives, fitness level, and experience.**

This agreement ensures that my role as the trainer, and your role as the client is clearly appreciated and understood. **This agreement must be signed prior to beginning any training sessions.**

#### **CLIENT RESPONSIBILITIES:**

1. To pay session fee of \_\_\_\_\_/hr before beginning each training session.
2. To complete all client safety/liability forms, including the Informed Consent form, provided at initial session and return them to Jessica Ghantous before initial training session begins.
3. To be on time for personal training sessions. Typically each session is 60 minutes. (If you, as the client are late, the session will only last until the end of the hour that the session was scheduled).
4. To give a 24-hour notice to cancel a session for any reason other than an emergency. (Failure to do so will result in you forfeiting the session without payment reimbursement. No roll-over sessions or refunds will be granted, except for medical reasons, which must be endorsed by your physician).
5. To inform Jessica Ghantous of any new injuries or limitations that may affect your training in any way.
6. To remain properly hydrated and fueled before and after your personal training sessions.
7. To comply with the terms of the Informed Consent form at all times.

#### **TRAINER RESPONSIBILITIES:**

1. To provide you, the education, guidance, and individual instruction required to achieve your individual personal fitness goals.
2. To design a safe, effective individualized exercise program that reflects your objectives, fitness level, and experience.
3. To be on time to each personal training session, unless previously canceled with 24 hours notice.

4. To maintain an open line of communication throughout the course of service.
5. To conduct each personal training session in accordance with the reasonable standard of care.

I agree to stated guidelines.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Trainer Signature \_\_\_\_\_ Date \_\_\_\_\_



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