



Pure Energy Fitness Studio

PRIVATE TRAINING PARTICIPANT RELEASE & KNOWLEDGE OF AGREEMENT

1. I, _____, wish to participate in the exercise and training program offered by Pure Energy Fitness Studio. I understand there are inherent risks in participating in a program of strenuous exercise. I agree that Pure Energy Fitness Studio shall not be liable or responsible for any injuries to me resulting from my participation in the fitness program (whether at home, at the training studio, outdoors, or at a corporate, commercial, residential, or other fitness facility) and I expressly release and discharge Pure Energy Fitness Studio, its owners, employees, agents and/or assigns, from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my participation in the fitness program, excepting only an injury caused by the gross negligence or intentional act of such person or persons. The Release shall be binding upon my heirs, executors, administrators, and assigns.

I have read and understand this term: _____ (initial)

2. **PAR-Q+ FORMS:** I certify that the answers to the questions outlines on the PAR-Q+ form are true and complete to the best of my knowledge. I acknowledge that medical clearance is required if I have answered "Yes" to any of the questions on the PAR-Q+ form. I understand and agree that it is my responsibility to inform my Personal Trainer of any conditions or changes in my health, now and on going, which might affect my ability to exercise safely and with minimal risk of injury.

I have read and understand this term: _____ (initial)

3. **RIGHT TO REFUSE:** I understand that I am not obligated to perform nor participate in an activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training sessions. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform my Personal Trainer.

I have read and understand this term: _____ (initial)

4. **GUARANTEED RESULTS:** I understand the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions.

I have read and understand this term: _____ (initial)

5. **TOUCH TRAINING:** I understand that during a personal training session, my trainer may have to use Touch Training to correct alignment and/or to focus my concentration on a particular muscle area to be targeted. If I feel uncomfortable or experience any type of discomfort with Touch Training, I will immediately request that my trainer discontinue using this technique.

I have read and understand this term: _____ (initial)

6. **PRE-PAID BILLING:** I understand that Pure Energy Fitness Studio bills its Personal Training clients on a pre-pay basis. Once my trainer and I have decided upon the type of training package and payment plan I will purchase, payment must be made before the sessions are conducted.

I have read and understand this term: _____ (initial)

7. **LATE ARRIVALS:** I understand that all Private Personal Training rates are based on either a 30 or 60 minute session. I understand that I should arrive a minimum of 10 minutes before scheduled sessions to warm up. If I arrive late for any session, my appointment will finish at the originally scheduled completion time. If I do not arrive within 15 minutes of my scheduled start time, the session will be deemed canceled and I will be charged for that session. I should call to inform my trainer that I will be late for my session if I wish my trainer to complete my scheduled appointment.

I have read and understand this term: _____ (initial)

8. **CANCELLATIONS:** I agree to provide 24 hours notice if I wish to cancel a scheduled appointment. This is to help ensure commitment to my success. It is also a common courtesy for other clients and the Personal Trainer. If an appointment is canceled with less than 24 hours notice, I will be charged the full price for that training session. If I do semi-private training, or train with a small group, and need to cancel a session, it is my responsibility to speak with the group to arrange a more convenient time. If we cannot find an alternative time to train together, I will allow them to train without me. Should this occur, I am entitled to use a class drop-in session, provided I sign up for the class the day before and use the free session within 2 weeks of the canceled session.

I have read and understand this term: _____ (initial)

9. **HOLIDAYS OR ILLNESS:** Should I take holidays that last more than 4 weeks, I understand that my time slot is not guaranteed. I do have the option of reserving my time slot by paying \$25.00 per regularly scheduled training session that goes beyond 4 weeks.

I have read and understand this term: _____ (initial)

10. **REFUNDS:** in the event that a medical problem or prolonged circumstance prevents completion of the contracted session within the time period set forth in this agreement, I may take an extended period of time, not to exceed one year, to complete said sessions. I also have the option in such circumstances to find someone to take over the remaining sessions and payments. I understand that all Personal Training sessions are non-refundable and that all training sessions must be redeemed within one year of purchase.

I have read and understand this term: _____ (initial)

11. **REFERRAL:** if I refer a potential customer to Pure Energy Fitness Studio and that individual purchases a package of Private Personal Training sessions exceeding 10 sessions, I will receive a 30 minute private training session FREE of charge.

I have read and understand this term: _____ (initial)

I have read this Release & Terms of Agreement and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

CLIENT

PERSONAL TRAINER

DATE

DATE