



**grtr fitness**

2985 23 Ave NE #125  
Calgary, AB T1Y 7L3  
(587) 229-4001

## PERSONAL TRAINING CONTRACT

Congratulations on your decision to improve your health by participating in a professional exercise program!

With the help of your personal trainer, you greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The education you will learn during these training sessions can be used for a lifetime.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and, if applicable, unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

It is recommended that all program participants work with their personal trainer three (3) times per week. However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible.

### PERSONAL TRAINING TERMS & CONDITIONS:

1. grtr fitness requires an annual commitment, however, this contract may be cancelled with two months notice. Sessions & billing will continue during that two month period.
2. Personal Training sessions are billed monthly, in advance, based on the number of monthly sessions identified below.
3. Personal Training sessions attendance is subject to the grtr fitness cancellation policy.
4. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
5. grtr fitness requires completion of all monthly personal training sessions within the month. Personal training sessions do not carry over from month to month.
6. No personal training refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions.
7. Sessions must be booked with the head trainer no later than one week in advance

**I agree to these terms and conditions**

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

Sign Name: \_\_\_\_\_

Date: \_\_\_\_\_

**WE ARE EXCITED TO BEGIN WORKING WITH YOU!**

grtr fitness is a trade name of grtr consulting inc.

