



The PT will use their skills and knowledge to design a safe programme of exercises that will take into account your (the client) personal goals, fitness levels and exercise likes and dislikes.

The PT will provide the coaching, supervision, advice and support that the client may need to help them achieve their goals. The client's progress will be regularly monitored and the programme revised and adjusted accordingly.

The PT will provide all necessary equipment and will organise appropriate venues for all training sessions.

All client information will be kept strictly private and confidential. If the PT requires further medical information from a practitioner, the client must provide such details.

It is understood between client and PT that both will commit to the programme and give 100% effort.

The client is required to arrive 10 minutes prior to a training session so that a full session can be achieved on each visit.

The client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

Personal Training Terms & Conditions

1. Health Screening
 - All clients must complete a PAR-Q before commencing any exercise programme.
 - Your PT may require a letter of "medical clearance" from your GP. Please be aware that your GP may charge you for this.
2. Cancellation Policy
 - 48 hours notice of cancellation is required for all appointments.
 - Notice of between 24 and 48 hours will require a 50% payment of the session fee.
 - Notice of less than 24 hours notice will incur full payment of the session fee.
3. Lateness Policy
 - If you are late for a session the session will not be extended and will end at the appointed time.
 - If I am late, additional time will be added to the session or to subsequent sessions.
4. Fee Charging Policy
 - Payment for single sessions must be made at the time of booking. Cash or cheques to be made payable to Emma Davies.
 - Block bookings must be paid for in advance BUT sessions do not have to be booked in advance. However, all sessions must be redeemed

Client-Trainer Agreement

within 90 days of purchase, subject to Trainers discretion. All monies paid are non-refundable.

I recognise and understand all of the terms and conditions set between my personal trainer and myself and agree to follow all the guidelines set out above.

Client Signature:

Client Print Name:

Date:

Trainer Signature:

Trainer Print Name:

Date:

Emma Davies

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