

PERSONAL TRAINER AGREEMENT

Thank you for choosing Jowanda Durham as your personal trainer. I'm excited to help you achieve your personal fitness goals! As a personal trainer, I create the best fitness program for your body type, fitness level, and specific needs. As a client you can expect professionalism, punctuality, body measurements, nutritional suggestions, and a great work out! The following guidelines must be understood prior to working together:

*Always consult a physician if you have any type of heart, pulmonary, metabolic disorders or physical injuries prior to training. Any clients with these symptoms must present a letter from a doctor.

*All payments must be made by the end of each session, if you are training on a pay as you train plan. All other training packages must be paid in advance prior to training.

*All cancellations must be made by calling, texting or emailing me 24 hours prior to a session. Failure to do so will result in your session being charged or utilized automatically. (Certain family emergencies like death and sudden injury or illness may be excused once per agreement.)

*If I cancel as a result to an illness or emergency in less than 24 hours, then I will owe the client a free replacement session.

*All sessions should be used within a certain period of time. This time frame is established by the number of sessions purchased. For example: 10 sessions within 60 days and 20 in 90 days.

The price list for sessions is as follows for one person:

1 hour = \$125.00 45min= \$90.00(Home Only)

***If client has to train at a specific gym that requires an additional fee for independent trainers: the fee will be added to the session.**

*Clients receive a discount for purchasing a bundle of sessions. The prices are listed below:

5 pack/ 1hr= \$550.00

10 pack/ 1hr= \$1050.00 45min=\$850.00(Home Only)

20 pack/1hr= \$2185.00 45min=\$1500.00(Home Only)

Repeat offenders and referrals will get you the friends and family rate!

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I, _____ agree to purchase _____ sessions at _____ each with
personal (CLIENT(S)) # (COST)

trainer, Jowanda Durham, who will be referred to as trainer in this agreement. I understand that these sessions will expire on_____. If the client(s) is unable to use the sessions due to a mild medical condition or injury, the client(s) must submit a letter from a physician on a professional letter head specifically stating the condition and time period that the client (s) is unable to exercise. The client has the option to suspend the sessions until he/she has been released by the doctor or give the sessions to another person. Again, client can always transfer sessions to another party as an alternative with no additional fees.

If the trainer decides to cancel the agreement due to an emergency or sudden relocation, the client will be offered two options: (1) a new trainer or (2) a full refund for remaining sessions that will be refunded within 14 days of the notice of cancellation. The client will have an opportunity to try the new trainer for a free session prior to making a decision. Clients purchasing packages must pay the balance in full or in two installments. The first half is due prior to the first session and the remaining balance must be paid by midpoint of the session total. Failure to do so may result in litigation. Client may pay with cash, Venmo, Zelle, Cashapp and credit card. All credit card payments must include 3% surcharge fee that is paid directly to the third party vendor.

If the client is more than 15 minutes late and has not contacted the trainer, he/she will be charged for the session. If the trainer is more than 15 minutes late and has not contacted the client(s), she will owe the client additional time on any future sessions or a new session at no additional cost.

Both the trainer and client are allowed one late day with no penalties per agreement.

The client(s) has read, discussed, and agrees with the terms and services listed in this agreement.

_____ on this day____ of _____ in 202_
(Client Signature)

Jowanda Durham, Personal Trainer