

PERSONAL BEST FITNESS
AGREEMENT FORM

*Thank you for taking the time and money to invest in your most important asset –
YOURSELF!*

Date: _____

I, _____, agree to pay \$_____ per session
for _____ in advance for personal training with _____.

I agree to call at least 24 hours in advance to reschedule any session; otherwise I am responsible for the payment of that session. If your trainer cancels within 24 hours or is more than 15 minutes late, your next session is free.

Client Signature: _____

Trainer Signature: _____

TRAINING RATES

Individual Rates

10 Sessions:	\$55 per session (in studio)
Less than 10 Sessions:	\$80 per session
In-Home Training:	\$75 per session each additional person is \$10

\$5/ hr discount for cash payments

Group Rates

(10 session minimum for all groups) – In Studio

Group of Two:	\$35 each
Group of Three:	\$30 each
Group of Four:	\$25 each

Anytime Group: \$20 each (5-8 people, 3 months to utilize sessions)

One-Time Group: \$18 each (5-8 people, 2-3 times per week)

On-Going Group: \$15 each (5-8 people, 2-3 times per week,
making a 3 month commitment.)

Committing to a minimum of 3 months provides the following benefits and responsibilities:

1. Creates and maintains a healthier lifestyle.
2. Increases physiological and aesthetic health and appearance.
3. Holds you accountable to show up on a regular basis.
4. Holds you responsible to find a replacement for your time slot. Please give a two week notice if training is no longer conducive to your schedule.

Referrals = FREE SESSIONS