



## Terms and Conditions

### Clients Declaration

1. I understand that A Fitness Model Personal Trainers (AFM PT) operate on a pre-pay basis and all sessions must be paid for in advance. Bookings will not be confirmed until payment has received by my Trainer.
2. I understand that once my Trainer and I have agreed upon the most appropriate training programme / package for me, payment must be made before the sessions are conducted. I understand that failure to make a payment will result in my sessions being forfeit.
3. I understand that all pre-paid block courses and packages have a completion date. Outstanding sessions will not be carried over the completion date unless a prior agreement has been made with the Trainer.
4. I understand that I must contact my Trainer directly to cancel or change booked sessions. I understand that if I need to cancel a training session (even a free consultation) I will need to contact my Trainer within 24 hours of our session time. Cancellations made with less than 24 hours notice to will incur full charge. I understand that cancellations for pre-paid block sessions and packages which I have already started, will incur a 25% charge for any outstanding sessions to cover time spent by my trainer, developing and planning my programme.
5. I understand all sessions will last 55 minutes unless otherwise stated and will start and finish on time. I also understand that my Trainer may not be able to provide a full hour if I am late to a session. However, if my Trainer is late for a session, I will still receive the full session time or have the outstanding time added to another session.
6. I understand the results of any training programme or coaching course cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions. In particular I acknowledge that individual results may vary and no particular result is guaranteed by my Trainer.
7. I understand that there are inherent risks in participating in a programme of strenuous exercise. If I sustain or claim to sustain any injury while participating in the fitness programme, I acknowledge that the AFM is not responsible, except where the injury was caused by the gross negligence or intentional act of my Trainer.
8. I certify that my answers to the questions outlined on the Health and Lifestyle Questionnaire form are true and complete to the best of my knowledge. I understand and agree that it is my responsibility to inform my Trainer of any conditions or changes in my health, now and ongoing, which might affect my ability to exercise safely and with minimal risk of injury.
9. I understand that in the unlikely event of my Trainer being unable to continue my training, I can have my sessions transferred to another similar Trainer who agrees to take over my training or I can request a full refund from my existing trainer for any unfulfilled sessions.
10. I understand that AFM PT's are not employees of A Fitness Model, but are self-employed, independent, freelance trainers. I acknowledge that in engaging an AFM PT I am entering into a contract with him alone and not with A Fitness Model and that any claim I may have to recover any fee paid in advance will be solely against the Trainer to whom payment was made.

I agree to the above Terms and Conditions for the duration of my training with my AFM PT.

\_\_\_\_\_  
*Client Signature:*

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

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

AFM PT Trainer: \_\_\_\_\_