

## Betsy Szczypinski 919.616.8658 • Betsy@GeriActiveNC.com

Personal Trainer & Certified Senior Fitness Instructor

## **Personal Trainer & Client Agreement**

This Personal Trainer Agreement is entered into betweer on (date)	n GeriActive, LLC ("Trainer") and the client,	("Client")
	cise program ("Exercise Program") designed to meet the Cl an Exercise Program according to the following mutually a	
Trainer will provide the Exercise Program through a Cermedical services of any kind.	tified Senior Fitness Instructor. Trainer will not provide phy	sical therapy or
2. The Exercise Program will be mutually agreed upon by endurance, and flexibility training.	Client and Trainer. The program may include elements of st	trength, balance,
3. Trainer will provide all training services at the Client's $\boldsymbol{\boldsymbol{r}}$	ome or other mutually agreed-upon location.	
and balance deficits. Trainer will design an Exercise Pro	the Client at the cost of \$ to assess the Client's for a seess the Client's for a seessment, and will pexercises, and specific training interventions to be provide	orovide Client a copy.
5. Trainer will thereafter provide training services in-pers training sessions, which will be updated, modified and	on in 60 minute increments. Trainer and Client will agree or or extendedwas mutually agreed.	n an initial schedule of
	on of each session at the rate of \$ per sixty (60) nor a discount of 10% off the per session charges; sessions	
for an agreed upon session, Trainer will be obligated to required to cancel a session, Trainer will work with Clier	g session unless Client cancels with at least 24 hours' notice provide services only for the remainder of the scheduled so to re-schedule at the earliest time convenient for Client cainer with Client's current preferred contact information a	session. If Trainer is and feasible for Trainer.
documents: • Personal Trainer & Client Agreement • Full Disclosure of Physical Conditions/Informed Cor • Health Information & Medical Permission	n, Client agrees to deliver to Trainer the following completed assent/Assumption of Risk and Release of Liability in and made a part of this Agreement. Client further under	
9. Although Trainer will assist Client to carry out the Exercises cannot of course be guaranteed.	cise Program with the intention of achieving their fitness ar	nd wellness goals,
Effective the above date.		
GeriActive, LLC	Client	
Ву	Ву	
Date	Date	