



Personal Trainer & Client Agreement

This Personal Trainer Agreement is entered into between GeriActive, LLC ("Trainer") and the client, _____("Client") on (date)_____.

Client desires Trainer to provide a functional training exercise program ("Exercise Program") designed to meet the Client's personal fitness and wellness goals, and Trainer agrees to provide Client an Exercise Program according to the following mutually agreed terms and conditions:

- 1. Trainer will provide the Exercise Program through a Certified Senior Fitness Instructor. Trainer will not provide physical therapy or medical services of any kind.
2. The Exercise Program will be mutually agreed upon by Client and Trainer. The program may include elements of strength, balance, endurance, and flexibility training.
3. Trainer will provide all training services at the Client's home or other mutually agreed-upon location.
4. Trainer will provide an initial 60-minute consultation to the Client at the cost of \$_____ to assess the Client's fitness goals, strength, and balance deficits.
5. Trainer will thereafter provide training services in-person in 60 minute increments.
6. Client agrees to pay Trainer no later than the conclusion of each session at the rate of \$_____ per sixty (60) minute session.
7. Client agrees to pay Trainer for each scheduled training session unless Client cancels with at least 24 hours' notice.
8. Prior to engaging in any assessment or training session, Client agrees to deliver to Trainer the following completed and signed additional documents:
9. Although Trainer will assist Client to carry out the Exercise Program with the intention of achieving their fitness and wellness goals, results cannot of course be guaranteed.

Effective the above date.

GeriActive, LLC

Client

By _____

By _____

Date _____

Date _____