



## Contract and Waiver

I, \_\_\_\_\_, agree to the personal training program provided by my coach, and by signing this contract, I acknowledge the following:

**Attendance, Time and Cancellation Policy:** I recognize that consistent attendance is essential for my progress. If I need to miss or cancel a session, I understand that a minimum of 24 hours' notice is required to reschedule. I am aware that sessions do not roll over and must be used within the current training block. If I arrive late to a session, I understand that the full session time may not be available.

**Open Communication and Medical Disclosure:** I will maintain open communication with my coach, sharing any questions, concerns, challenges, progress or changes regarding my health and fitness throughout the program. I confirm I've shared any relevant medical conditions, injuries, or concerns that could affect my ability to safely engage in training and that I'm in good health and have consulted with a medical professional before beginning this program.

**Assumption of Risk and Consent to Emergency Treatment:** I understand that by participating in personal training sessions, I will be engaging in physical activities that can be challenging and may involve risks to my health. I accept these risks and willingly take responsibility for them as I participate. If an emergency occurs, I give my consent for medical treatment and understand I will be responsible for any costs related to this care.

**Release of Liability and Indemnification:** I agree to release my coach from any responsibility for injury, damage, or loss that may occur during training, even if it's due to her actions or lack of action; and agree to indemnify and hold her harmless from any claims or legal actions that arise from my participation in training activities.

**My Commitment:** I understand that it's progress - not perfection – that's the goal, so I commit to focusing on consistent effort and embracing the small steps along the way to significant results.

I have read this contract and waiver carefully and understand everything it says.

**Client Name:** \_\_\_\_\_

**Coach Name:** Suzanne Richardson, CPT, CNC

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

**Coach Signature:** \_\_\_\_\_

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

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