Personal Training Agreement

This Agreement is entered into by JustMusclePower Fitness, LLC (the **Company**) and the undersigned participant (the **Client**). Complete all applicable fields before signing.

Effective date: _____

Company address: _____

Client name: _____

Client address: _____

01 | Contract term and training commitment

The contract term is **3 months**. Start date: _____
End date: _____

Total contracted sessions: _____. Sessions per week: _____. All contracted sessions must be used within the stated contract term. Additional sessions require a written amendment signed by both parties.

02 | Select your training service

SELECT	SERVICE	DURATION / INCLUSIONS	RATE
[ ]	Half-Hour Training	30 minutes	$65.00
[ ]	Professional Session	1 hour	$80.00
[ ]	Premium Training	1 hour + nutritional consulting	$90.00
[ ]	Group Fitness Training	Per person	$65.00
[ ]	Drop-In Session	1 hour; no term commitment	$85.00

Drop-in sessions are offered separately and do not create a three- or six-month commitment. The drop-in payment and cancellation policies below still apply.

Training & Payment Policies

03 | Services and client responsibilities

The Client engages the Company and its trainer(s) for personal training. Sessions last 30 minutes or one hour, according to the selected service. The trainer will design an exercise program based on the Client's fitness level, experience, and objectives. Activities may include fitness testing, aerobic conditioning, cardiovascular exercise, resistance training, weightlifting, and stretching.

The Client must disclose all medical and other conditions that may affect participation and sign the informed consent, assumption of risk, and release of liability. Physical contact may be required to assist with positioning, exercise technique, or assessing the Client's response to an activity.

04 | Payments and fees

Contracted sessions: _____ Agreed rate per session: $_____
Total contracted training charges: $_____

Payment due at the end of each session. Payment must be made in full at the end of each training session. Any payment not received at the end of the session is considered late.

Daily late fees. A **$30.00 late fee is charged for each calendar day the payment remains unpaid**, beginning the day after the session payment was due. Late fees accumulate daily until all outstanding training charges and accrued fees are paid in full. A partial payment does not stop daily late fees while a balance remains outstanding.

Prior balances must be paid. The Client may not enter into a new contract or renew an existing contract until all session charges, cancellation charges, late fees, inconvenience fees, and other amounts owed under every prior contract have been paid in full.

05 | Cancellations and no makeup sessions

Full payment is due for every Client cancellation, regardless of the reason or amount of advance notice. This applies to individual training, group fitness, and drop-in sessions. No-shows are also charged at the full session rate. Prepaid amounts are applied to the canceled or missed session; any unpaid charge remains due.

No makeup days or sessions whatsoever. Canceled or missed sessions cannot be rescheduled, replaced, carried forward, or used to extend the contract. Travel, holidays, illness, and family emergencies do not create an exception to the Client cancellation or no-makeup policies.

The Client remains responsible for payment of all contracted sessions, including uncompleted sessions at expiration. The trainer may terminate the Agreement for Client negligence or five late arrivals or no-shows within one month and charge for the remaining contracted sessions.

Scheduling & Agreement Terms

06 | Availability, lateness, and no-show fees

The Client must provide availability for the following week by **Saturday at 12:00 noon**. Failure to do so may result in no sessions being scheduled for that week; the Client remains responsible for that week's contracted sessions. Once completed, the schedule will not be changed.

A **15-minute grace period** applies. If the Client has not arrived within 15 minutes after the scheduled start, the session ends and is recorded as a no-show. The full session rate remains due.

If the Client fails to cancel and the trainer travels to the agreed location but the Client does not attend, a **$30.00 inconvenience fee** is added to the full session charge.

07 | Results and indemnity

The Company and its trainer(s) do not guarantee weight loss, muscle gain, specific athletic ability, or any particular result. The Client is encouraged to follow a healthy diet alongside training and continued exercise. The Client agrees to indemnify and hold harmless the Company and its trainer(s) for injuries, illnesses, and similar matters experienced as a result of training sessions, subject to applicable law.

08 | General agreement provisions

This document is the entire agreement between the parties and supersedes prior written and oral representations regarding its subject matter. Any amendment must be in writing and signed by both parties. The parties represent that they have authority to enter this Agreement.

Disputes that cannot be resolved by mutual agreement will be submitted to mediation. If mediation does not resolve the matter and legal action follows, the successful party is entitled to legal fees, including attorneys' fees, subject to applicable law.

If a provision is held invalid or unenforceable, the remaining provisions continue in effect. A court may limit an invalid provision to the extent necessary to make it enforceable. A party's failure to enforce a provision does not waive its right to enforce it later.

This Agreement is governed by the laws of the state where the training location is situated, without giving effect to conflict-of-law provisions.

Training location / state: _____

Client Information & Acceptance

By signing below, the Client acknowledges having read and understood this Agreement and accepts its terms and conditions. Complete all applicable blanks before signing. The Client is entitled to receive a copy of the signed Agreement.

09 | Client information

Full name: _____

Email: _____

Phone: _____

Address: _____

Date of birth: _____

Emergency contact name: _____

Emergency contact phone: _____

10 | Agreement signatures

Client signature: _____

Date: _____

Company representative name: _____

Company representative signature: _____

Date: _____

Company: JustMusclePower Fitness, LLC

Consent, Risk & Liability Release

Participant name: _____ Date of birth: _____

11 | Informed consent and participation

Exercise may be strenuous and may cause serious injury. A physician's examination is encouraged before exercise or use of equipment. The Participant voluntarily participates in training, exercise, and use of facilities at their own risk. Dietary changes, supplements, weight-reduction products, and bodybuilding products are the Participant's responsibility; consult a physician before making such changes. The Company is not responsible for loss of personal property. **Initials:** _____

12 | Assumption of risk

The Participant understands that exercise and equipment use are potentially hazardous. Risks include abnormal blood pressure, fainting, heartbeat disorders, heart attack, injury, illness, physical or mental changes, disability, and death. These effects may prevent gainful employment or normal social activity. With knowledge of these dangers, the Participant voluntarily assumes responsibility for participation and related injuries or changes, including those involving others, whether foreseeable or not and whether the trainer is present or absent. The trainer's precautions do not eliminate these risks. **Initials:** _____

13 | Waiver and release

In consideration of training instruction and assistance, the Participant releases and agrees to hold harmless JustMusclePower Fitness, LLC, its trainer(s), instructors, representatives, executors, agents, and assigns from claims, demands, damages, and causes of action connected with participation, equipment use, or acts or omissions, including ordinary negligence to the extent permitted by law. Covered risks include equipment malfunction or breakage; design or condition defects; slips, falls, and dropped equipment; improper equipment or facility maintenance; hazardous premises; negligent instruction or supervision; and property damage. Invalid provisions are severable from the remaining release. **Initials:** _____

14 | Participant acknowledgment

Results vary, and no result is promised. The Participant has read and understands this release and the rights being waived, including rights that the Participant, heirs, or assigns may otherwise have to bring claims. This release cannot be modified orally. The Participant signs freely, without fraud or duress. Any social relationship with the trainer is separate from the business relationship during training and does not invalidate this release. These provisions apply to activities during the contracted training period. **Initials:** _____

Participant signature: _____

Date: _____