Northgate Fitness Ltd

Gym personal training agreement

PT terms in writing - sessions, price, cancellations and expectations.

Parties

Trainer / gym: _____

Client: _____

Package

Sessions: _____

Price: _____

Valid from / to: _____

What's included 10 personal training sessions, programme reviews, nutrition guidance

Terms Sessions: as above, booked by mutual agreement.

Cancellation: sessions cancelled with less than 24 hours' notice are charged in full.

Payment: £45.00 upfront / per session, by method.

Health: the client confirms fitness to train and will disclose relevant conditions.

Liability: training is undertaken at the client's risk; the trainer carries professional indemnity.

This is a general template, not legal advice.

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Sign-off

Trainer: _____ **Client:** _____ **Date:** _____