



## PERSONAL TRAINING & WELLNESS SERVICES TERMS AND AGREEMENT

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Welcome to the Personal Training and Wellness Program (“PROGRAM”), provided by Ballard Boxing & Fitness (“COMPANY”). Congratulations on taking the next step toward maximizing your health and fitness. Our goal is to help you achieve the results you are looking for and to help you “bring your fitness to life”.

The Ballard Boxing & Fitness commitment between client (“YOU”) and Personal Trainer (“BALLARD BOXING & FITNESS REPRESENTATIVE”). Please read completely and initial each line item below.

- \_\_\_\_\_ All sessions shall be 60-minutes in length and must be paid in advance.
- \_\_\_\_\_ A late arrival for your session will result in the session being shortened by an equivalent amount of time. Likewise, your Ballard Boxing & Fitness Representative agrees to arrive early for all scheduled appointments. Should your Ballard Representative be delayed, for any reason, your session will be extended by an equivalent amount of time. Should he/she be delayed by more than 20-minutes, your session will be re-scheduled, at your convenience, and will be free of charge.
- \_\_\_\_\_ Notification must be provided to your Ballard Representative should you incur an injury, illness, begin new medication, become pregnant or develop any new physical limitations.
- \_\_\_\_\_ You are not obligated to participate in any activity unless you wish to, and have the right at all times to decline participation in a session.
- \_\_\_\_\_ Your Ballard Representative may choose to stop a session if he/she feels you should not continue for ANY reason, health or otherwise.
- \_\_\_\_\_ You agree to provide a minimum 24 hours notice to your Ballard Representative, should you wish to cancel a scheduled appointment. Should you provide less than 24 hours notice, or fail to attend a scheduled appointment without notice, you will be charged for the session.
- \_\_\_\_\_ You will provide a 14 day notice to your Ballard Representative, should you wish to postpone your training sessions. Packages of 24+ sessions must be completed within 12 months from the date of purchase, and packages of 16-23 sessions must be completed within 6 months from the date of purchase.
- \_\_\_\_\_ We encourage you to notify us, should you feel your Ballard Representative has done an exceptional job, or conversely, you have concerns. Please contact Ballard Boxing & Fitness at 714.914.3316.

YOU ACKNOWLEDGE THAT THERE IS RISK ASSOCIATED WITH PARTICIPATING IN FITNESS PROGRAMS AND YOU ASSUME ALL RISK AND RELEASE BALLARD BOXING & FITNESS AND ITS AGENTS, ASSOCIATES AND EMPLOYEES FROM ANY LIABILITY FOR DAMAGES OR CLAIMS ARISING OUT OF INJURY SUSTAINED BY YOU WHILE PARTICIPATING IN THE PERSONAL TRAINING AND WELLNESS PROGRAM AND YOU ACKNOWLEDGE THAT YOU HAVE SIGNED AN AGREEMENT OF WAIVER AND RELEASE OF LIABILITY, AND CLAIMS SHALL FORM PART OF THIS AGREEMENT, WHETHER THE PROGRAM IS PROVIDED AT BALLARD BOXING & FITNESS LOCATION, AT YOUR RESIDENT OR ELSEWHERE.\*

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Ballard Boxing & Fitness Representative

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

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

\*This agreement shall serve as an ongoing contract between Ballard Boxing & Fitness and the client. If the client chooses not to renew within a 60-day period from the final session, a new agreement must be signed.