

Personal Training Client Agreement

The guidelines outlined below are to ensure that the relationship between the Trainer and Client and the responsibilities of both parties are clearly appreciated and understood.

Trainer's Responsibilities:

1. Your trainer will design a personalized program that meets the client's needs and goals that is safe, effective and conducive.
2. Each session will last at least 45 minutes, but will not exceed 1 hour.
3. Your trainer will provide guidance regarding proper exercise techniques.
4. Your trainer will maintain a record of client progress and provide necessary feedback.
5. Your trainer will evaluate and modify the personalized program as necessary according to the client's progress, needs, and goals.
6. If your trainer is late for a session, that time is owed to the client.
7. Trainer must notify the client 4 hours prior to session, if they must cancel; at which time the session will be rescheduled.
8. Your trainer is an employee of the University and may not accept any direct or additional payment for his/her services.
9. All information regarding the client's program and progress is confidential and will remain on file with the RecSports Department

Client's Responsibilities:

1. Payment must be received prior to the first meeting. Payments should be made at the Welcome Center located on the main floor of TRECS.
2. Client will not be allowed to pay the Trainer directly for a session.
3. Client is expected to discuss all health history information and any medical concerns with the trainer.
4. Client and trainer are required to sign in and out of every session.
5. All appointments must begin on time and end one hour after the scheduled starting time. Any time lost due to client tardiness is considered part of the appointment and is non-refundable. The trainer is expected to wait 15 minutes for a client at which time the session is forfeited.
6. Client must give 4 hours' notice for session cancellation. Failure to do so will result in forfeiture of one session.
7. Client will communicate any discomforts, pain or concerns experienced during or arising from a session.
8. Sessions must be used within the selected package's expiration date
9. Client shall abide by rules and policies of the University of Tennessee. The University of Tennessee reserves the right to deny services to clients who fail to abide by such rules and policies.
10. If client, for any reason, does not fulfill all of their sessions in the packet, no refund will be given.
11. All sessions must be complete within the package's specified expiration date.
12. Client acknowledges that he/she is in good health and physically able to participate in a personalized program. By signing below, client acknowledges and agrees that he/she has no limiting health conditions that would preclude participation in an exercise program, and will immediately inform the trainer if such health condition arises during the client's participation in the personalized program.

If there are any questions regarding policies please reach out to Lauren Lepchenske @ llepchen@utk.edu or 856-974-8857

I understand and agree to the roles and responsibilities explained above:

Client's Signature: _____

Date: _____

Trainer's Signature: _____

Date: _____