

SPACE

PERSONAL TRAINING

ABOUT YOU

NAME:

EMAIL:

NUMBER:

WHAT WE EXPECT FROM YOU

- Have a clear plan in your mind of goals and targets that you'd like to achieve
- Arrive with plenty of time to warm up and stretch
- Bring an abundance of positivity
- Bring lots of coffee / treats if we do a good job
- Boring bit - if you do wish to cancel we require a minimum of 12 hour notice, otherwise your session will be charged in full.

WHAT YOU CAN EXPECT FROM US

- Will always provide professional, varied, personable and most importantly FUN session
- Sessions will be specific to your needs and will be tailored to your level of ability / experience
- We will stay in regular contact with you outside of your 1-1 session so we can help answer any questions you may have through WhatsApp or email
- Effective communication, both in person and online will ensure you feel accountable for your fitness goals

PERSONAL TRAINING AGREEMENT

PRINT CLIENT NAME:

PRINT TRAINER NAME:

CLIENT SIGNATURE:

TRAINER SIGNATURE:

DATE:

DATE: