F.A.M. Factory 365

PURCHASE AGREEMENT

Training Session & Contract Policies

1. Commitment: By purchasing Sessions, Client is making a commitment to his/her health. Clients should follow the program and instructions of Trainer to the best of their ability to maximize their results and better achieve their goals. Remember, the ultimate results are up to the Client: Trainer will show Client how to work his muscles correctly and encourage him/her to go to his/her safe limit, but Client is the only one who can make sure he/she works out consistently, eats properly, gets plenty of sleep, and lives a healthy lifestyle.

2. Specifics: Trainer and Client shall agree upon the time, program type, content, and location of personal training sessions ("Sessions") at the rate set forth on the attached rate sheet and detailed below.

_____ Program Type

_____ Program Content

_____ Training Location & Time

3. Length of Sessions: Sessions will last approximately fifty-five (55) minutes. The trainer may opt to vary the length of sessions at his discretion.

4. Punctuality: Client shall be attired as discussed below and ready to train at the time specified in paragraph 2. Failure to be prepared to train may result in a shortened workout or possible cancellation of the Session.

5. Attire: Client must wear comfortable workout attire, including, but not limited to, clean t-shirts, shorts, tights, sweats, and/or tracksuits. Athletic shoes must be supportive and functional. Workout gloves are optional. Please do not hesitate to ask Trainer for advice on what type of clothing and shoes is appropriate.

6. Stopping Exercises: Client may refuse or stop any exercise for any reason. It is Client's responsibility to notify Trainer of any discomfort or pain arising from or during exercise, as well as, any and all other known limitations Client has or experiences so that Trainer may accommodate Client and substitute another exercise to work that particular muscle group.

7. Payment: Payment must be made at or prior to the 1st session

8. Cancellation of Individual Sessions: Must be done in writing. Twenty-four (24) hour cancellation notice, by phone, is required for rescheduling or cancelling any and all individual Sessions. Any and all cancellations with less than twenty-four (24) hours notice will result in forfeiture of the Session. If Trainer must cancel a Session, he will do so, by phone, with at least twenty-four (24) hours notice or Client will receive a complimentary Session for his/her inconvenience. This complimentary Session must be used within sixty (60) days of the date of the cancelled Session.

9. Cancellation and Refund of All Sessions: Must be done in writing. Client may cancel this contract within four (4) business days after the day this contract was signed for a full refund of any and all monies paid under this contract.

13. Option to Renew: Client shall have the option to renew this contract within one year of the date of signing for reasonable consideration for Loyalty Promotions. By renewing a contract for more sessions, Client acknowledges and agrees that Trainer acted professionally in all prior sessions.

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Manlius-Syracuse-Liverpool-virtual

680.877.4640

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PURCHASE AGREEMENT

I understand and agree to the following terms and conditions

1. Fees

Payment of fees _____ for _____ personal training sessions will be due prior to the beginning of sessions.
(unless payment options are arranged.)

1. Scheduling

Sessions are to be made by appointment only. Appointments can be made in person or by phone & email.

1. Welcome!

Congratulations on beginning your personal training program! We are delighted you chose us as a part of your commitment to health and fitness. With the help of your personal trainer, you will improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The details of these training sessions can be used for a lifetime. In order to maximize progress, it is important to follow program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are EQUALLY important!

Client Name _____ Date _____

Amount Due _____ Amount Paid _____

_____ _____

Client Signature Trainer Signature

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