

## Personal Training Agreement

Personal training by an Exercise Specialist or Certified Personal Trainer is available to non-members and members of Dynamic Dimensions. Payment for Personal Training must be paid in full before service is rendered. **Cancellation of an appointment with a Personal Trainer must occur 24 hours before the appointment time or the client will be charged for the missed session. There are no cash refunds.**

PTA# \_\_\_\_\_ Client Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(print)

# of Sessions Purchased \_\_\_\_\_ Session Rate \$ \_\_\_\_\_ Total Paid \$ \_\_\_\_\_

### **Personal Training Dynamic Dimensions Member**

<b>Number of Sessions</b>	<b>Cost per Session</b>
1	\$45
2-5	\$40
6-11	\$38
12+	\$36

### **Personal Training Non-Member**

<b>Number of Sessions</b>	<b>Cost per Session</b>
1	\$50

Intro. to Personal Training Package

**5 sessions for \$125**

1<sup>st</sup> time personal training clients only

Couple Package

**6 sessions for \$324**

These sessions may be taken individually; however, single sessions will be charged at \$36 each session. Both must agree and sign single session consent form for the sessions to be divided into single sessions.

**I certify that I have read and understand the Personal Training Agreement and agree to abide by such rules and regulations.**

Client Signature \_\_\_\_\_ Date \_\_\_\_\_