



Client-Trainer Agreement Terms and Conditions

1. I understand that my trainer operates on a pre-pay basis and all sessions must be paid for in advance. Bookings will not be confirmed until payment has been received by my trainer.
2. I understand that once my trainer and I have agreed upon the most appropriate training programme / package for me, payment must be made before the sessions are conducted. I understand that failure to make a payment will result in my sessions being forfeit.
3. I understand I will pay a monthly retainer fee in order to carry out a set number of training sessions per week per calendar month. Failure to turn up to sessions will not result in sessions being carried over to the following month.
4. I understand that I must contact my trainer directly to cancel or change booked sessions. I understand that if I need to cancel a training session I will need to contact my trainer within 24 hours of our session time. Cancellations made with less than 24 hours notice to will incur full charge. I understand that cancellations for pre-paid block sessions and packages, which I have already started, will incur a 25% charge for any outstanding sessions to cover time spent by my trainer, developing and planning my programme.
5. I understand all sessions will last 1 hour unless otherwise stated and will start and finish on time. I also understand that my trainer may not be able to provide a full hour if I am late to a session. However, if my trainer is late for a session, I will still receive the full session time or have the outstanding time added to another session.
6. I understand the results of any training programme or coaching course cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions.
7. I understand that there are inherent risks in participating in a programme of strenuous exercise. If I sustain, or claim to sustain, any injury while participating in a fitness programme, I acknowledge that Jonathan Kappes is not responsible, except where the injury was caused by the gross negligence or intentional act of my trainer.
8. I certify that my answers to the questions outlined on the Pre-Activity Questionnaire form are true and complete to the best of my knowledge. I understand and agree that it is my responsibility to inform my trainer of any conditions or changes in my health, now and ongoing, which might affect my ability to exercise safely and with minimal risk of injury.
9. I understand that in the unlikely event of my trainer being unable to continue my training, I can have my sessions transferred to a similar trainer who agrees to take over my training or I can request a full refund from my existing trainer for any unfulfilled sessions.

I agree to the above Terms and Conditions
for the duration of my training with Jonathan Kappes.

Client Name and Signature:

Date:

Trainer Name and Signature:

Date: