



CLIENT/TRAINER AGREEMENT

This agreement is signed as of _____, 20____, by _____
("Client") and Cornwell Center ("Trainer").

Statement of Purpose

Client desires to engage Trainer to work with client in order to improve Client's physical health through the implementation of a fitness regimen and, as appropriate, life style changes. Trainer agrees to the engagement in reliance upon the following:

- 1. Health History Form.** Client has or will complete a health history form provided to the client by trainer.
- 2. Payment Terms.** After the initial session, Client will pay for each session prior to its start unless other arrangements have been made. Sessions purchased by Client will expire sixty (60) days after payment for same unless Trainer extends the 60 day period due to the physical impairment of Client.
- 3. Cancellation.** Client will give trainer at least twenty-four (24) hours prior notice of any cancellation by Client. If such prior notice is not given, payment for the session will be expected. If Trainer cancels a session without at least twenty-four (24) hours prior notice, Trainer will make up cancelled session free of charge.
- 4. Assumption of Risk.** Client has obtained a release for exercise from Client's Physician if deemed necessary by Client. Client understands that there are risks involved in any exercise program. Client releases and holds harmless Trainer, its employees and agents, from any loss or injury experienced by Client in connection with Client's training except where the same is caused by the gross negligence of the Trainer.
- 5. Diet Recommendations.** Client understands that Trainer is not a licensed or registered dietician and the recommendations made by the Trainer to Client are based upon generally recognizable dietary principles. If Client elects to use the dietician associated with Trainer, Client will release and hold harmless Trainer and the dietician from Client's loss or injury growing out of dietician's advice except where the same is caused by the gross negligence of dietician.
- 6. Undertakings of Client.** Client takes full responsibility for Client's health and well being. Client is encouraged to ask questions or request modifications to Client's exercise program, if necessary or desirable, at any time. Client agrees to stop any exercise that feels excessively uncomfortable or painful and to explain the circumstances to Trainer promptly.
- 7. Client's Commitment.** Client understands that the program and advice received from Trainer are not guaranteed to have the results desired by client since such success rests greatly upon each individual and upon how faithful each individual adheres to the suggested program and recommendations. Client commits to pursue a positive and healthy lifestyle and to faithfully follow the program suggested in order to better Client's health and life.

Cornwell Center

By: _____

Client

(Please print or type name)