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Client – Trainer Agreement Form

1. I understand that I need to pay for my personal training sessions prior to our first session.
2. I understand that I need to give my trainer 24 hours notice if I need to cancel or reschedule a session. If I do not contact the trainer within 24 hours of my scheduled session to cancel, I will be charged for that session.
3. I understand that if I do not show up for a session, I will be charged for the full price of that session.
4. I understand that my trainer will wait up to 15 minutes if I am late and the session will still end at the scheduled time.
5. I understand that I need to eat well and drink plenty of water before each personal training session.
6. I understand that I need to vocalize any pain or illness I am feeling prior, during, and after the session.
7. I understand that the training environment is up-close and personal and I need to be courteous to my trainer with good overall hygiene.
8. I understand that I need to wear proper workout attire.

Client signature: _____ Date: _____

Trainer signature: _____ Date: _____