



Griffin Fitness Client Agreement

1. Billing Agreement: All personal training clients are billed on a pre-pay basis. Bills are issued directly to a client and are due upon receipt before training begins.

2. Length of Sessions and Appointment Times: Each training session is based on a **50**-minute workout. To get the most out of our efforts, please be ready to exercise at the appointed time. If you are more than 15 minutes late for a scheduled session, it will be considered a no-show and you will be charged.

3. Cancellation Policy: All sessions are arranged on a scheduled appointment basis. In order for effective use of time, all clients are asked to give a 24-hour notice when canceling an appointment. This means a cancellation should be made at least 24 hours before the scheduled appointment by confirming directly with your trainer. (Monday appointments must be canceled by Friday) Personal training sessions canceled inside of 24 hours of the scheduled appointment will be billed at the normal rate and deducted from total sessions.

4. Expiration of Sessions: I am aware that this investment is a _____ week commitment. If I fail to complete the scheduled sessions by ____/____/____ I understand my training sessions will expire and that I am responsible to pay any remaining balance of my account.

5. Release of results upon program completion: Client photos and testimonials are requested upon initial program completion (12 weeks).

6. Social Media: I Understand that the intended use of such images is solely for the purpose of advertising, marketing, or promotional and public awareness purposes for Griffin Fitness. I hereby waive any rights or interest in these images.

7. Dedication: To be sure to get the most out of your personal training experience, I ask that you sign this agreement stating that you're committed to improving performance and are willing to give maximum effort and be honest with yourself so that we may strive for excellence together.

I have read this agreement and accept these policies.

Client signature

Date

***REMEMBER, RESULTS ARE NOT GUARANTEED; THEY'RE EARNED!**