liveFIT

Personal Training Programs

Welcome to our Personal Training Program: *Live Fit* at the NAC ("Company").

Congratulations on committing to a fit, strong and healthy lifestyle through the NAC's personal training program. We want your experience with our trainers to be fun, rewarding and beneficial to your health and fitness. We are excited you chose us as a part of your commitment to health and fitness. With the help of your personal trainer, we will support you with your health & fitness goals. The lessons learned through our training program will stay with you for your lifelong journey of health & well-being. The details of these training sessions can be used for a lifetime.

In order to maximize progress, it is important to follow program guidelines during supervised and (if applicable) unsupervised training days.

The following information will provide you with important program policies. Before getting started, please read and sign this form to acknowledge that you have read and understand the following information.

Client Name		Trainer Name	
		Trainer Level	☐ Tier 1 ☐ Tier 2 ☐ Tier 3
Client Email		Service	☐ One on One ☐ Brawl ☐ Partner Plus ☐ Senior Strong ☐ Team Training ☐ Prime
Monthly Commitment*	☐ 4x/month (baseline) ☐ 8x/month (premium) ☐ 12x/month (elite) *The designated amount of sessions expires at the end of the month. *Sessions completed in addition to the designated amount of sessions will be charged to your account.		
Session Length	☐ 25 minutes ☐ 55 minutes | Day: Time:		
Recurring Monthly Payment		Recurring Bill Start Date	2nd day of _____, 20____ (Month) (Year)
*All ***Live Fit*** Sessions begin the 2nd of the month, following the commitment date. Personal training billing will occur on or around the **1st of the month**, all sessions prior will be charged individually to member account or designated credit card.			
☐ Credit Card On File Different CC: ☐ Amex ☐ Visa ☐ Disc ☐ MC		Card # _____ Exp. Date _____ Security Code _____	

("*Client")* and *("Company").* In consideration of the mutual promises exchanged herein and other good and valuable consideration, the parties agree as follows:

1. **Commitment:** By purchasing *Live Fit*, **Client is making a commitment to his/her health by training the agreed upon amount of times per month (designated above). The designated amount of sessions expire at the end of each month and do NOT carry over to the next month.** Clients should follow the program and instructions of the Company's trainer to the best of their ability to maximize their results and better achieve their goals.

a. This *Live Fit* agreement is a contract with the Company, not an individual employee of the NAC. If the preferred trainer is not available (i.e. vacation, separation of employment, etc.) an alternative trainer, with equal or more advanced experience and skills, will be provided to ensure client continues progress towards goals.

2. **Length of Session:** Session will last 25 or 55 minutes depending on the member commitment designated above.

3. **Cancellation of Individual Sessions: Twenty-four (24) hour cancellation notice**, by phone, directly to trainer, is required for rescheduling or cancelling any and all individual Sessions. Any and all cancellations with less than twenty-four (24) hours' notice will result in forfeiture of the session without refund. If Company's trainer must cancel a session, s/he will do so, by phone, with at least twenty-four (24) hours' notice. If needed, an alternative trainer, with equal or more advanced experience and skills, will be provided by Company to ensure client continues progress towards goals.

4. **Payment:** By signing this agreement you have authorized Newtown Athletic Club to debit your chosen method of payment around the 2nd of each month for training sessions for the following month. Personal Training payments are non-refundable, non-transferable. Exceptions to this rule must be pre-approved in writing by the Personal Training Director.

    a. Personal Trainers are not permitted to accept any type of personal payments for services and members and clients are prohibited from contracting directly with any personal trainer for services.

5. **Term of *Live Fit*:** The initial term of this Agreement shall be for three months and shall commence on the Start Date. At the end of the initial term, this Agreement will automatically renew on a month-to-month basis. After the initial term, Customer may cancel, upgrade or downgrade by providing Company notice by the 15th of the month prior to the change.

I fully understand the terms of this agreement and that the account provided will be charged on or around the fifth of each month for sessions agreed upon. I understand that it is my responsibility to review my monthly statements for accuracy of my training payments. I agree to all of the policies and the terms of the client agreement on the front and back of this form.

_____ _____

Client Signature Date

_____ _____

Trainer/Manager Signature Date

_____

Print Name

_____

Position Title