

TrainWithJess.com

PERSONAL TRAINING AGREEMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: () _____ () _____

EMAIL: _____ BIRTHDAY: _____

WAIVER OF LIABILITY

I, _____, BEING AWARE OF MY OWN HEALTH AND PHYSICAL CONDITION, AND HAVING KNOWLEDGE THAT MY PARTICIPATION IN ANY EXERCISE PROGRAM MAY BE INJURIOUS TO MY HEALTH, AM VOLUNTARILY PARTICIPATING IN PHYSICAL ACTIVITY WITH JESSICA MILLIGAN. HAVING SUCH KNOWLEDGE, I HEREBY RELEASE JESSICA MILLIGAN, FROM LIABILITY FOR ACCIDENTAL INJURY OR ILLNESS WHICH I MAY INCUR AS A RESULT OF PARTICIPATING IN PHYSICAL ACTIVITY. I HEREBY ASSUME ALL RISKS CONNECTED THEREWITH AND CONSENT TO PARTICIPATE IN PERSONAL TRAINING. I AGREE TO DISCLOSE ANY PHYSICAL LIMITATIONS, DISABILITIES, AILMENTS OR IMPAIRMENTS WHICH MAY AFFECT MY ABILITY TO PARTICIPATE IN PHYSICAL ACTIVITY.

TERMS AND CONDITIONS

ALL CANCELLATIONS MUST BE RECEIVED 24 HOURS BEFORE THE TRAINING SESSION IN ORDER TO AVOID BEING CHARGED FOR THE SESSION.

I HAVE READ THIS AGREEMENT THOROUGHLY AND UNDERSTAND THE TERMS. MY PARTICIPATION IN THE SELECTED ACTIVITIES AND MY EXECUTION OF THIS AGREEMENT ARE VOLUNTARY.

SIGNATURE: _____ DATE: _____

TRAINER SIGNATURE: _____ DATE: _____

TRAINING PROGRAM OPTIONS

1 hour sessions: \$1056 (1X) _____ \$1020 [save \$36] (2X) _____ \$960 [save \$96] (3X) _____

30 min sessions: \$816 (1X) _____ \$780 [save \$36] (2X) _____ \$720 [save \$96] (3X) _____

Group sessions: \$780 (1X) _____ \$720 [save \$60] (2X) _____ \$660 [save \$120] (3X) _____

Based on the training program selected above, my total payment due to Jessica Milligan will be \$_____. I understand to reserve my training program day/time, I agree to reoccurring payments of \$_____ (initials _____).

* Sold in packages of 12 sessions * All packages carry a 90-day expiration date

• **PayPal**, e-check, cash, and checks accepted

Jessica Milligan

703.675.5605

Jessica@trainwithjess.com

National Academy of Sports

Medicine, Certified Personal

Trainer

Certified Pilates Reformer

Instructor

Certified Fitness and Sports

Nutritionist