[Company name]

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Gym personal training agreement

PT terms in writing - sessions, price, cancellations and expectations.

Parties

Trainer / gym	[Name]
Client	[Full name]

Package

Sessions	[e.g. 10 x 60-min sessions]
Price	[£ amount]
Valid from / to	[Dates]

What's included

[e.g. 10 personal training sessions, programme reviews, nutrition guidance]

Terms

- Sessions: as above, booked by mutual agreement.
- Cancellation: sessions cancelled with less than [e.g. 24 hours'] notice are charged in full.
- Payment: [£ amount] [upfront / per session], by [method].
- Health: the client confirms fitness to train and will disclose relevant conditions.
- Liability: training is undertaken at the client's risk; the trainer carries professional indemnity.
- This is a general template, not legal advice.

This is a general template, not legal advice. Check your local regulations for anything you are unsure about.

Sign-off

Trainer	Client	Date