Northgate Fitness Ltd

Gym personal training agreement

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

Parties

Trainer / gym	Sarah Mitchell
Client	Sarah Mitchell

Package

Sessions	10 x 60-min sessions
Price	£120.00
Valid from / to	9 November 2026

What’s included

10 personal training sessions, programme reviews, nutrition guidance

Terms

- Sessions: as above, booked by mutual agreement.
- Cancellation: sessions cancelled with less than 24 hours’ notice are charged in full.
- Payment: £45.00 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.

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Sign-off

Trainer	Client	Date