

Personal Trainer/Client Expectation Agreement – Carbon Valley Parks and Recreation District

Agreement Overview

This agreement outlines the expectations and responsibilities of both the personal trainer ("Trainer") and the client

("Client") to ensure a successful and productive working relationship. Both parties agree to uphold the terms detailed below to foster a supportive and effective training environment.

This agreement is meant to create a positive and constructive partnership aimed at helping the Client achieve their fitness goals in a safe and supportive manner. Both parties are encouraged to communicate openly to ensure the success of this collaboration.

Trainer Responsibilities

1. Professionalism and Respect:

- The Trainer will conduct sessions with professionalism, respect, and courtesy at all times.
- The Trainer will respect the Client's personal space, dignity, and confidentiality.

2. Program Design and Customization:

- The Trainer will design a personalized fitness program tailored to the Client's goals, fitness level, and any existing known medical conditions.
- The Trainer will provide clear instructions, demonstrations, and modifications as needed to ensure safe and effective exercises.

3. Punctuality:

- The Trainer will start and end sessions on time, ensuring that the Client receives the full duration of each scheduled session.

4. Communication:

- The Trainer will maintain open lines of communication, responding to Client inquiries within a reasonable time frame of 48 hours on business days.
- The Trainer will regularly assess and discuss progress, adjusting the program as necessary to align with the Client's evolving goals.

5. Safety and Injury Prevention:

- The Trainer will prioritize the Client's safety by providing proper form instruction and monitoring exercises to prevent injury.
 - The Trainer will be attentive to any signs of discomfort or distress and will make immediate adjustments to the workout if necessary.
-

Client Responsibilities

1. Commitment and Consistency:

- The Client commits to the training schedule designed and attending sessions regularly.
- The Client agrees to notify the Trainer at least 24 hours in advance if a session needs to be rescheduled or canceled. Failure to provide adequate notice will result in a session charge.

2. Effort and Participation:

- The Client agrees to give their best effort during each session, actively participating and following the Trainer's guidance.
- The Client will communicate openly about any difficulties or discomfort experienced during exercises.

3. Health and Safety:

- The Client agrees to disclose any relevant medical conditions, injuries, or medications that could impact their ability to exercise safely.
- The Client will immediately inform the Trainer of any pain, discomfort, or unusual symptoms experienced during or after training sessions.

4. Nutrition and Lifestyle:

- While the Trainer may provide general guidance and nutrition information, the Client acknowledges that maintaining a healthy lifestyle, including proper nutrition and rest, is essential for achieving fitness goals.
- CVPRD Trainers are not licensed Dietitians. Seeking specific diet plans are encouraged outside of Trainer information.

5. Respect and Professionalism:

- The Client agrees to treat the Trainer with respect and professionalism.
- The Client will arrive on time for sessions and be prepared (e.g., appropriate attire, water bottle, towel, etc).
- Clients agree to be fully engaged with trainer and avoid using cell phone during training sessions.

Cancellation and Refund Policy

1. Cancellation by Client:

- If the Client cancels a session with less than 24 hours' notice, the session fee will be forfeited.

2. Refunds:

- Refunds for prepaid sessions will only be provided if the Trainer is unable to fulfill the agreed-upon sessions or if a medical condition prevents the Client from continuing training. Documentation may be required. See Guest Services for refund information or contact Fitness Coordinator at 303-833-3660 x114.
-

Agreement Duration and Termination

1. Duration:

- This agreement is valid for the duration from the start date of the first session to final session. All personal training sessions are valid for one-year from the date of purchase.

2. Termination:

- Either party may terminate this agreement with 5 days' written notice. Any remaining prepaid sessions will be refunded unless the termination is due to a breach of this agreement.