Personal Training Terms & Conditions

Congratulations! You have elected to begin a journey of hard work and discipline that can potentially result in an improved quality of life and well-being. This decision marks what will be a life-changing process for you and for those who are supporting you.

With the extra push that will be provided by your personal trainer, you will be able to see increases in flexibility, balance, mobility, agility, coordination, speed, power, strength, and cardiorespiratory fitness.

Please note that increasing physical fitness is not guaranteed and that a healthy and appropriate diet will be necessary to meet the needs required by regular exercise. Listed below are the terms and conditions for personal training that must be signed before any supervised training is performed. By signing this contract, you will be held accountable for the following terms and conditions.

I. Cancellations and reschedules for individual appointments must be made up to 6 hours prior to the time of meeting. The first no-call/no-show – an absence in which no prior communication for cancellation/rescheduling has been made – will be excused, but all others thereafter will result in forfeiture and expenditure for those that have been missed.
II. Appointments will be made at a previously agreed upon time and location.
III. The intended wear and tear upon use of equipment will be on the responsibility of the client, as per its intended use.
IV. Paid appointments will expire 2 months after purchase if they are left unused.
V. Clients arriving late will be subjected to the remaining minutes of the appointment set forth by the previously agreed upon time.
VI. Medical procedures from injuries caused by training both directly – during an appointment – and indirectly – outside of an appointment time but caused by the recent effects of training – are an assumed risk of the client and will not be under the financial responsibility of NextGen Performance LLC.
VII. No refunds will be issued for displacement or expired sessions. If a client decides to purchase sessions, they are financially liable for the entire value of the purchase no matter the time at which they are left unused.
VIII. Refunds may be issued for one or two reasons:
    a. a self-reported injury or illness persists for longer than 2 weeks, if the appointments are chosen to be left unused past the time of expiration. A physician clearance may be requested under this circumstance.
    b. errors with technology that force unanticipated financial transactions.
IX. Packages that feature recurring billing will last for 1 month (4 billing cycles). Appointments will be made available upon each weekly payment. Packages may be cancelled upon request and will be terminated within 24 hours of the request.
X. It is imperative that clients be responsible for providing proper hydration and for wearing clothing, including appropriate footwear, conducive to the prescribed activity.
XI. There will be no loyalty discounts of any type for all plans that include a bundle between NGP & AKS.

Training Package (cost per session) _____

Name _____

Signature _____

Date _____

Witness Signature _____

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XII. Unlimited referral discounts may be charged to clients for the value of one personal training appointment at a time. Referral discounts may be charged to clients who refer one person for personal training under the following requirements:
   a. The referred individual must be a paying client of NextGen Performance LLC.
   b. The referred individual must mention the client who referred them by name.

Training Package (cost per session) _____

Name _____

Signature _____

Date _____

Witness Signature _____