



Personal Training Guidelines

1 Person Only	2- 4 People
30 Minutes = \$25.00	30 Minutes = \$40.00
60 Minutes = \$40.00	60 Minutes = \$60.00
30 Minutes x 5 Sessions = \$115.00	60 Minutes x 5 Sessions = \$285.00
60 Minutes x 5 Sessions = \$180.00	60 Minutes x 10 sessions = 570.00
30 Minutes x 10 Sessions = \$225.00	
60 Minutes x 10 Sessions = \$370.00	

- ❖ You **MUST** cancel a P.T session via direct text to the P.T and give at least 8 hours notice. If not, you forfeit that session and/or still owe for the session
- ❖ If the trainer is more then 10 minutes late, then the session is free
- ❖ If you are more then 10 minutes late, the session is considered cancelled and you forfeit that session and/or still owe for the session
- ❖ No refunds
- ❖ Money must be paid before session takes place
- ❖ For 5 or more sessions money must be paid in full prior to the first session
- ❖ You **MUST** disclose any medical and/or health conditions or injuries prior to taking part of each session
- ❖ Let the trainer know when you would like your measurements taken – this time is included in your session time
- ❖ Both parties (PT & trainee) **MUST** sign this agreement and abide by all regular maXimus Fitness terms and conditions

As a maXimus Fitness Personal Trainer, we guarantee to go the extra mile and supporting you to help you achieve your goals towards a healthier lifestyle.

Signature (Trainer)..... Date:

Signature (Trainee)..... Date: