

Client-Trainer Agreement

Personal Trainer/Coach: Alonso Lizaraz

Client:

The following when signed, will constitute the full agreement between the Client and the Personal Trainer/Coach named above.

Subject to the Term's and Condition's below, the named Personal Trainer/Coach ("PT") will act as a Personal Trainer/Coach in the development of an exercise programme for the agreed package (the "Service").

This agreement will apply to all bookings of the Service with the PT made by the Client.

The PT will use their skills and knowledge to design a safe programme of exercise that will take into account the personal goals, fitness levels and exercise likes and dislikes of the Client.

The PT will provide the coaching, supervision, advice and support that the Client may need to help achieve their goals. The Client's progress will be regularly monitored and the programme revised and adjusted accordingly.

All Client information will be kept strictly private and confidential. If the trainer requires further medical information from a practitioner the Client will provide such details.

The Client commits to follow the programme (when applicable) and lifestyle advice. A bare minimum of 80% compliance to the programme (when applicable) and lifestyle advice adherence are required to make progress and achieve results. The Client understands that Personal Training sessions alone without lifestyle adjustments and physical activity/exercise outside of the training sessions won't have a great impact in the desired outcome. The Client also understands that results may vary from person to person.

The Client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

The Client is required to have an appropriate water bottle as well as any sustenance required by the Client for pre or post session nutrition.

Screening Policy

All Client's must complete a PAR-Q (Physical Activity Readiness Questionnaire) before commencing any exercise programme. The Client may be required to provide a letter of "medical clearance" from their GP if the PT requires it.

A lifestyle questionnaire may be also used to understand the client's needs during the screening process.

Fee Charging and Booking Policy

In consideration of the Service, all sessions will be paid according to the session rates charged at the time of booking.

Subscription packages (Star, Legend, Hero and Online Coaching) are a 3-month minimum commitment. Payments will be automatically taken on the 1st day of each month after the first invoice is produced. Manual invoices must be paid no later than 3 days after the invoice is sent. Failure to do this incurs in a £30 admin fee automatically debited after the invoice is paid.

The number of monthly sessions within each subscription package must be used within a calendar month and are non-cumulative.

The PT and the Client will agree on preferred days and times for training prior to the start of a programme. Sessions must be booked with at least a week's notice and the PT reserves the right to change weekly sessions slots as necessary.

A minimum of one calendar month is required to cancel any subscription service and this must be notified in written form to alonso@lizaraz.co.uk

Block sessions are paid at the start of the programme and must be used within 12 weeks from the date of purchase or they will be forfeited.

All payments will be collected through STRIPE or bank transfer. No cash is accepted.

Cancellation Policy

It is the responsibility of the Client to ensure that the dates and times booked are correct. To cancel a booked session, the Client must notify the PT either in person or by phone, text or email. In the event of cancellation by the PT, the PT is responsible for notifying the Client of any such cancellation. The Client may be charged for sessions missed as follows:

- By Client on more than 24 hours' notice - no charge nor loss of session.
- By Client between 12- and 24-hours' notice, Client able to rearrange and complete session in the same week* - no charge nor loss of session.
- By Client between 12- and 24 hours' notice, Client unable to rearrange and complete session in the same week - loss of session.
- Last minute cancellations - loss of session.
- By the PT - no charge nor loss of session.

*Subject to the PT's availability in the following working hours:

Mondays 6 p.m. to 9 p.m.

Tuesdays 6 a.m. to 2 p.m.

Wednesdays 6 a.m. to 9 a.m.

Thursdays 6 a.m. to 2 p.m.

Saturdays 8:30 a.m. to 2 p.m.

Outside of these hours the PT can't guaranty sessions will be rearranged. Days/times may change depending on work load.

Refund Policy

The Client has the right to cancel the Service within 14 days of the start of their contract. If the Client does cancel, they will have their payment returned except that of the sessions used.

If the client decides to cease training after the 14-day period there will be no refunds given for unused sessions (Only applicable to packs). For monthly subscriptions, the first month will be debited in its entirety and the subscription will be cancelled from the 2nd month.

If the Client is unable to continue the block of sessions for medical reasons, a refund may be available for unused sessions. The Client will submit a letter from their doctor clearly stating exercise restrictions prior to any refund being given. Refunds are not provided under any other circumstances.

Late Arrivals

The PT is only required to wait for 20 minutes past the agreed start time. After this time, it's at the PT's discretion to deliver the session, in which case the PT will complete the time left of the original session. No extra time will be given.

If the Client arrives within 20 minutes after the agreed start of the session the PT will complete the time left of the original session. No extra time will be given.

If the PT is more than 10 minutes late on arrival to the session the Client can have a full hour from the time that the PT arrives (when possible) or the Client can have the remaining time of the session added on to another session.

Declaration of Understanding

I, the Client, fully understand and agree to abide by the above rules and regulations. Before embarking on an exercise programme, I have completed the Physical Activity Readiness Questionnaire and resulting processes. I also understand that I should inform my PT of any medical conditions that may not have been covered in the form and that I may be advised to visit my doctor prior to commencing the sessions.

I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in the activity and/or use the equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities.

I release the PT from any liability for personal injury or other damage I may sustain whilst engaging in any exercise programme suggested by the Personal Trainer.

I acknowledge receipt of this agreement and confirm acceptance of the terms and conditions herein.

Signed: (Client)
Name: Date:/...../.....

Signed: (PT)
Name: Alonso Lizaraz Date:/...../.....

All other Terms & Conditions can be found on: <https://lizaraz.co.uk/terms-conditions/>