

# Kasey Olson - Certified Fitness Trainer



KASEY OLSON - CFT

Personal Training Policy & Performance Agreement

## PRICING / PAYMENT / GENERAL POLICY

- "Kasey Olson - Certified Fitness Trainer" is hereinafter referred to as "Trainer" within this document. You, the client is hereinafter referred to as "Client" within this document.
- This Personal Training Agreement is non-transferable or assignable.
- Full payment for session(s) is due in full directly upon completion of the first session.
- This agreement pertains to any and all sessions purchased henceforth.
- This agreement, release of liability and consent are valid continuously indefinitely.
- Sessions are determined as a maximum of one hour in length and are billed as such. There are NO HALF SESSIONS billed or used under any circumstance.
- Prepaid sessions must be used at a one-session-per-week rate.
- Sessions are determined as being billed at one session, per person, per hour. There are no discounts for multiple people unless specified by Trainer.
- Client may not disclose or disseminate training or dietary programming to anyone else unless specific permission is given by Trainer. Doing so can result in immediate termination of the program with no refund.
- No refund in whole or part will be granted for any unused sessions.
- Trainer has sole authority to terminate the program at any time, with **partial or no refund**, if I do not follow the program to specifications or fail to conduct myself in a proper manner.
- It is your (the client's) responsibility to follow program guidelines and to adhere to those guidelines as set for by Trainer including, but not limited to:
  - Exercise frequency & programming
  - Dietary guidelines
  - Safety guidelines
- Sessions ended prematurely due to incorrect dietary adherence (i.e. low-blood sugar from skipped meals) will count as a used session.
- Any modification (verbal or written) to this agreement is at the sole discretion of Trainer.

## CANCELLATION / LATENESS

- Appointment times are reserved and cancellations must be made with 24 hours notice.
- Cancellations must be made by contacting Trainer via:
  - Business phone (360-801-2338) via verbal, voice mail or text.
  - E-mail at business address: [kaseyolson@gmail.com](mailto:kaseyolson@gmail.com)
- No refunds are given for missed appointments.
- Appointments will begin as scheduled, factoring in adequate warm-up time.
- After 20 minutes from the scheduled session's scheduled start time, if the client has not arrived, the session will be cancelled and the client will be charged in full for the session.
- Any delays to the start of a session will not cause an extension of service beyond the remainder of the pre-scheduled time (up to one hour from the start time), unless specified by Trainer.

Trainer Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Client Signature(s): \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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