

**PERSONAL TRAINING AGREEMENT
MUSCLE ACTIVATION TECHNIQUES AGREEMENT**

1. **FREQUENCY OF TRAINING SESSIONS:** The Clients may choose to work with the Trainer ____ once a week ____ twice a week ____ three times a week.
2. **FEES:** For all services rendered by the Trainer under this agreement, the Trainer will be paid at a rate of \$65 per session and \$65 per each new training program (approximately every eight weeks), if applicable. A full assessment (Muscle Activation Techniques - MAT) is \$120. The fees for all sessions will be paid in full at the end of the session, or at the end of the week, at the discretion of the Trainer. This fee may change at the discretion of the Trainer. Fees can be paid in cash or by cheque or e-transfer.
3. **CANCELLATIONS:** If a Client cancels a session with 48 hours or more notice, no charge will be levied. If a Client cancels a session with LESS than 48 hours notice, he/she will be charged in full for that session.
4. **RESCHEDULING:** If a session can be rescheduled within the current week at the mutual convenience of the Trainer and Client, no extra charge will be levied. If it cannot be, it will be deemed a cancelled session and the charges stated above will apply.
5. **LATE ARRIVALS:** Sessions will be approximately 45-60 minutes in length, and will start at the scheduled time. Sessions will not be extended due to the lateness of the Client. Any Client who has not arrived within 15 minutes after the scheduled time will be deemed cancelled and will be charged for that session.
6. **CONSENT:** I, the Client, have been informed, understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment are potentially hazardous activities. I also have been informed, understand and am aware that fitness activities and MAT work involve a risk of injury and that I am voluntarily participating in these activities and using equipment with full knowledge, understanding and appreciation of the dangers involved. _____(Client initials).

This Agreement may not be changed except by written amendment duly executed by all parties.

Executed this _____ day of _____, 20__.

Signed _____ Client