

# Personal Training

## Contract

Name \_\_\_\_\_ Date \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Relation to you \_\_\_\_\_

### INDIVIDUAL PACKAGE OPTIONS

_____ 5 sessions	\$75	_____ 20 sessions	\$300
_____ 8 sessions	\$120	_____ 24 sessions	\$350
_____ 12 sessions	\$180	_____ 28 sessions	\$400
_____ 16 sessions	\$240	_____ 32 sessions	\$450

### PARTNER PACKAGES

### COST

### COST/PERSON

_____ 8 sessions	\$192	\$12.00/session/person
_____ 12 sessions	\$276	\$11.50/session/person
_____ 16 sessions	\$360	\$11.25/session/person

*All packages begin with a fitness assessment and consultation.*

*Sessions are one hour.*

### PERSONAL TRAINING POLICIES

**Package Completion Policy:** Participants have 150 days from the date of the first session to complete all sessions purchased. Failure to do so will result in the forfeiture of the remaining sessions.

**Individual Session Cancellation Policy:** Individual sessions must be cancelled at least 24 hours before your scheduled training time. Failure to cancel or to show up for a scheduled session will result in the loss of your training session. Please contact your trainer directly to cancel a session. Thank you for your cooperation.

**Package Cancellation/Refund Policy:** To cancel the remaining sessions of a purchased package and receive a refund in the amount of the unused sessions, the participant **MUST** produce the original receipt given when payment is accepted. No exceptions.

Participant Signature: \_\_\_\_\_

### IDEAL TRAINING TIMES

#### Day

Monday \_\_\_\_\_ Tuesday \_\_\_\_\_ Wednesday \_\_\_\_\_ Thursday \_\_\_\_\_ Friday \_\_\_\_\_ Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

#### Times

\_\_\_\_\_ If possible, I would prefer a Male/Female Trainer.

OR

\_\_\_\_\_ I have no preference in trainers.



**Ole Miss**  
Campus Recreation