

# Personal Training Agreement for The Total Training Company

I \_\_\_\_\_, have decided to undertake an exercise program using the services of The Total Training Company. Our current rate is \$200 per session. I understand that notification of a cancellation less than 24 hours from the start of a session will be charged in full and collected at the next scheduled appointment.

**Payment due at time of service.**

I have read and understand the above agreement, and by my signature below agree to all terms and conditions herein.

\_\_\_\_\_  
Client

\_\_\_\_\_  
Date