



**PERSONAL TRAINING MEMBERSHIP AGREEMENT**

Member # \_\_\_\_\_ Name: \_\_\_\_\_  
Trainer: \_\_\_\_\_

**CHECK ONE: (All prices do not include tax)**

**Introductory Personal Training**

\_\_\_\_\_ : 2 pt sessions only \$50.00- Paid in full, one time only

*I understand that 24 hours notice must be given if I need to cancel my appointment, otherwise I will be charged for the session. \_\_\_\_\_ (member initial)*

**Regular Personal Training 1 hour**

\_\_\_\_\_ - 1 session, \$40.00  
\_\_\_\_\_ - 4 sessions, \$152.00  
\_\_\_\_\_ - 10 sessions, \$360.00

**Group 1/2 hour Training**

\_\_\_\_\_ ( for 2-3 ) -4 sessions, \$40.00  
\_\_\_\_\_ ( for 2-3 ) - 10 sessions, \$80.00

**Personal Training 1/2 hour**

\_\_\_\_\_ - 1 session, \$25.00  
\_\_\_\_\_ - 4 sessions, \$95.00  
\_\_\_\_\_ - 10 sessions, \$225.00

**Group Personal Training 1 hour**

\_\_\_\_\_ (for 2-3)-4 sessions, \$80.00/person  
\_\_\_\_\_ ( for 4-6)- 4 sessions, \$60.00/person  
\_\_\_\_\_ ( for 2-3)-10 sessions, \$180.00  
\_\_\_\_\_ ( for 4-6)- 10 sessions, \$135.00

**MEMBERSHIPS ARE NOT TRANSFERABLE.**

Notice and waiver. I accept and clearly understand that there are inherent and other risks involved in partaking in physical activity such as weight lifting and other activities done in a gym environment and that injuries are a common and ordinary occurrence of these physical activities. In recognition to the possible dangers connected with any of the above activities, the undersigned hereby releases Balance Point Health & Fitness, its owners, employees or instructors from any and all liability for damage to myself or my person or property which are not a direct consequence of any negligence by Balance Point Health & Fitness, its owners, employees or instructors.

Signature \_\_\_\_\_ Date \_\_\_\_\_ "Member Rep." \_\_\_\_\_

*"The Quest for Optimal Health and Wellness"*