

The Contract

Please ensure you have read carefully before signing

Your Absolute Personal Training Session Time

Brilliant! It's time to get into a habit, the habit of regular exercise.... We are going to give you your own time slots so that you put the time aside and get into the habit of exercising at set times each week.... Write down your fixed session here so you don't forget. We will always keep these slots free for you but we totally understand that you might need to move them occasionally.... Life Happens!

My Fixed Session(s);

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Booking sessions online

You will be able to see or amend your sessions online and find out which trainer you will be with. You will also be able to see any other slots available should you wish to squeeze in an extra session during the week. All of your invoices will be printable from your log in section and you will be able to see the amount of sessions you have left.

Trainer Rotation

You will have the opportunity to work with all our trainers to keep your sessions fresh and exciting. Our trainers all have different skill sets and personalities and you will benefit massively by working with them all. The trainers work to a communication system to ensure that you will be following your personalized programme at all times. So don't try to get out of things by playing us off against each other... we are watching you!!!!

What you need to bring to a session

It is important that you bring the appropriate exercise wear with you, something that you are comfortable in. It is sometimes easier for us to see your technique better when the clothes are a little tighter but it is up to you what you wear.

Trainers are really the best type of footwear to support you ankles and feet, if you would like any advice just ask us. You will be given homework and it is up to you whether you complete this or not, you will be more likely to reach your goals faster if you do.

Make sure you eat at the appropriate time, 2 hours before the session is preferable but we understand that this is not always practice. Please bring your own water bottle with you for hygiene. Drinking water is available from the tap onsite.

Lastly we need you to bring yourself with you. Don't worry if you are not feeling your best, happy or motivated that is our job and every client that walks through our door tends to leave with a smile..... so don't cancel and lose your session, come and we'll tailor your session to you!!!

Absolute Training Ltd

www.absolute-training.com

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Cancellation of Session by the Client

We do understand that life happens and at some point you might need to cancel one of your absolute personal training sessions – don't worry that is fine, all we just ask that you let us know asap. If you are able to let us know 24 hours before the session, you will be given the opportunity to make up that session within 30 days. Unfortunately within 24 hours of the session I am sure you understand that we have to mark that as a session used.

If at some point you are running late on a session, let us know ASAP. We will still have to complete the session on time, however it is likely that we will give you other things to do on your own to make up the time. We cannot guarantee this time will be with a trainer.

Cancellation of Session by the Trainer

We will do our best to cover the session you have booked with us, because we know how important it is to you, if for some reason we have to cancel we really try to do this 24 hours before the session begins and then rearrange it for that week. If we fail to do this we will rebook the session with you, you will not lose out!

If your trainer is running late, we will do our best to let you know via call or text. We promise that the time missed because of us will be made up either at the end of the session if we both have time or in a subsequent session when it is more convenient.

Payment

All payments will be taken monthly and within the first 5 days of the beginning of the month. Payments are taken via Direct Debit and will be set up via our online book system.

Pricing Structure of Absolute Personal Training Sessions

- **One session per week** – The price of one session per week is £45
 $£45 \times 52\text{weeks} = £2340/12\text{months} = \underline{\underline{£195 \text{ per month}}}$
- **Two sessions per week** – The price of two session per week is £80
 $£80 \times 52\text{weeks} = £4160/12\text{months} = \underline{\underline{£346.66 \text{ per month}}}$
- **Three sessions per week** – The price of three session per week is £105
 $£105 \times 52\text{weeks} = £5460/12\text{months} = \underline{\underline{£455 \text{ per month}}}$

Price increase

We reserve the right to increase the price per session on a yearly bases in line with the rate of inflation or as we see fit.

Roll over sessions

Should you miss any sessions that you have paid for these sessions will roll over to the following month. It is important that we structure your sessions in this way so that you are committed to your goals. If for any reason you feel that you are not committed when reading this, please let us know as it is only the truly committed people we work with.

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Termination of contract

So you have signed your life into our hands for the time being. What you really need to know is how you get out of your contract. If you wish to stop working with us we would kindly ask that you give us 30days written notice, which means that this is not a decision you should be taking lightly. Make sure you really want to work with us and you reach your goals.

Photos and Videos

On occasions we will be recording and taking pictures of you for promotional reasons, website and blogs. Can we have your consent to use them?

Clients Signature.....Date.....

100% Money Back Guarantee - Term and Conditions

Of course you are entitled to a full refund of all your money invested in your sessions should you not be 100% happy with your results or our service. You will have 30days to decide whether our service is for you. In order to receive your money back, please write to **Absolute Training Ltd, 15 Wrensfield, Boxmoor, Hemel Hempstead, Herts HP1 1RN**. We value your opinion and we are always trying to improve our service to you so we would really appreciate any comments you might have, Thank you.

Public Liability Insurances

We have a public liability insurance of 2,000,000

Training and First Aid

All of our trainers are fully qualified and first aid trained.

Clients Signature.....Date.....

Trainers Signature.....Date.....

The Absolute Training Team

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