



BODY by MARY

PERSONAL TRAINING, PILATES, AND DOULA SERVICES

Client Trainer Agreement

In order to coordinate my work effectively I need for my clients to have the following understandings:

1. If a session is not canceled 24 hours ahead of time, the client will be charged. Family emergencies or *sudden* illness will be exempt. (Sudden means falling ill that day/night. It does not mean feeling sick for a few days and then deciding last minute to cancel the session).
2. Maintaining communication is important and a lapse of more than 7 days will result in a lost time slot.
3. Rescheduling sessions will be accommodated if possible; however, it is very important for the client to maintain a consistent schedule.
4. Occasional time changes are okay; however, constant time changes may result in loss of time slot.
5. If client is more than 20 minutes late for a session and has not phoned, I will consider the client a no-show and the client will be charged for the session. If this happens repeatedly, loss of time slot and training may occur.
6. Time slots cannot be guaranteed after lengthy vacations/time away without prior negotiation.
7. Payment for sessions are due within the first week of the month and will be considered late after 7 days. Those sessions that go unused will carry over to the following month, but not after the second month. In other words, sessions purchased at the beginning of month are good for 60 days, but no longer.

What my clients can expect from me:

1. I will provide you with at least 14 days notice if I am going out of town for more than 5 days. For any length of time I am gone, I am more than happy to provide you with another trainer to work with temporarily.
2. If I become suddenly ill or have an unexpected emergency and have to cancel last minute, you will not be charged for the session, and I will reschedule the session as quickly as possible.
3. If I am going to be more than 5 minutes late to a session I will phone. If I'm 10 minutes or more late I'm more than happy to add that late time to a future session or if possible, go over the hour.



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Waiver and Release Form

Because physical exercise can be strenuous and subject to risk of serious injury, I urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so **entirely at your own risk**. You agree that you are voluntarily participating in these activities and use of these facilities and premises **and assume all risks** of injury, illness, or death.

You acknowledge that you have carefully read this “waiver and release” and fully understand that it is a **release of liability**. You expressly agree to release and discharge me (Mary Hohlman) from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against me (Mary Hohlman) for personal injury or property damage.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from. By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed: _____

Printed Name: _____

Dated: ____ / ____ / ____

Mary Hohlman
Personal Training, Pilates & Doula Services