



**Personal Training Guidelines**

Client: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone (Cell): \_\_\_\_\_ Work phone: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Package purchased: \_\_\_\_\_ Total Cost of package purchased: \_\_\_\_\_

1. Each semi-private/small group session will be 55 minutes in length. **If the client is late, the client will forfeit the amount of time that he or she was late.**
2. If a client should need to cancel/reschedule a previously scheduled session, it must be done at least **twelve (12) hours** before the scheduled appointment time or the client will forfeit- and will not be refunded session. *(This only includes single session packages-group packages expire monthly)*
3. **Personal training rates are subject to change.** If package prices change, renewals will be at the current (new) rate.
4. There are **no refunds** for personal training packages. Personal training packages are **non-transferable**. Personal training packages have specific expirations below:  
*Single sessions-expire in 24 hours. 8-sessions expire in 37 days. The 16-session package expires in 9 weeks.*
5. Group Training Packages are “**Monthly Memberships**” and need to be used up within that month. If you are ill or traveling, get in your sessions within 5 weeks.

**Rates:**

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8 sessions/month (group training) = \$162

Unlimited/month (group training) = \$245

\*More Group Training Options on Website

**Individual/Semi-Private Rates (Add-on's=divide in 1/2/session):**

8-Pack Sessions=\$520

16-Pack Sessions=\$992

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I, \_\_\_\_\_, understand and agree to the following Personal Training guidelines as stated above.

Client/parent (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Trainer: \_\_\_\_\_ Date: \_\_\_\_\_

## **Waiver of Claims and Indemnification**

If is expressly agreed that participation in Digman Fitness LLC sponsored activities, photo usage for advertisement and events shall be undertaken by a member or guest at his/her own risk, Digman Fitness LLC shall not be liable for any injuries or damage to any member or guest, or be subject to any claim, demand, injury or damages whatsoever, including without limitation claims, demands, injuries or damages resulting from actors or omissions of passive or active negligence on the part of Digman Fitness LLC arising from the member's participation in Digman Fitness LLC sponsored events. On Behalf of his/hers executors and administrators, heirs, assigned successors, next of kin, and personal representatives, the member does hereby expressly forever waive any and all liabilities, claims, demands, damages, rights of action or cause of action that the member maybe has against Digman Fitness LLC, whether the same be known or unknown, anticipation or unanticipated.

**I have read, understand, accept and agree to the foregoing terms and conditions.**

Member's Signature \_\_\_\_\_ Date \_\_\_\_\_

Trainer's Signature \_\_\_\_\_ Date \_\_\_\_\_