



Fitness Assessment & Personal Training Contract

Name: _____ Date: _____ Age: _____
 Email: _____ Phone: _____
 Address: _____
 City, State, Zip: _____
 Emergency Contact: _____ Phone: _____
 Relation to you: _____

Service Options (Please Check)

Only available to members of the USA Student Rec Center, including: current USA students, faculty, staff, retirees, and those with a spouse/dependent/alumni Rec Center pass.

One-on-One Training	Buddy Training (2 clients)
_____ Fitness Assessment, \$20	_____ Fitness Assessment, \$25
_____ Single Training Session, \$20	_____ Single Training Session, \$25
_____ Four Training Sessions, \$65	_____ Four Training Sessions, \$80
_____ Six Training Sessions, \$95	_____ Six Training Sessions, \$115
Other Services (no Buddy discount)	
_____ Package (Fitness Assessment, Nutritional Assessment, One Training Session), \$50	
_____ Senior Fitness Assessment, \$10 (for adults over age 60)	
_____ Nutritional Assessment, \$20	
<i>If purchasing more than one personal training session, you MUST have a fitness assessment first. Fitness Assessments and Personal Training Sessions are 1 hour each. We accept checks only, made payable to "USA". Please do not give cash to the trainer.</i>	

Your Preferred Training Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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During Fall & Spring semesters, the Recreation Center is open from 7:00 a.m.-10:00 p.m., Monday-Friday, and 4:00-9:00 p.m. on Saturday & Sunday. Trainers may not be available at all times or on weekends.

Please read and agree to our policies on the reverse side

Return both completed pages to
 Sarah Rentz, Fitness Coordinator
 USA Student Recreation Center, Mobile, AL 36688
 Fax 251-461-1491



Policies

1. **Completion:** Clients have three months from the date of the first service to complete all services purchased. Failure to do so will result in the forfeiture of the remaining sessions.
2. **Payment:** Payment is due at the first session.
3. **Refunds:** All services are non-refundable.
4. **Cancellations:** Individual sessions must be cancelled at least 12 hours before your scheduled time. Failure to do so results in loss of your session. Contact your trainer directly to cancel a session.
5. **Late policy:** Trainers are obligated to wait only 10 minutes for no-show participants. After 10 minutes, trainers are not obligated to lead the session, and you will be charged as a cancellation. Sessions that start late will still end on time. If you are going to be late, please have the courtesy to contact your trainer.
6. **WAIVER:** Client understands that the personal training program has been designed specifically for him/her based on the fitness assessment, health status, and/or other factors. Client assumes all of the risks known to be inherent with participation in physical activity, including but not limited to: heart attack, stroke, heat stress, serious injury to bones, joints, muscles, and other skeletal components, and death. Client is voluntarily participating in the training program and hereby waives any and all claims that s/he may have against the Board of Trustees of the University of South Alabama, and of its officers, agents, vendors, or employees, for any injury resulting from participation in said activity whether resulting from physical contact or whether the result of an injury being received from use of any mechanical contrivance of physical facility belonging to the University of South Alabama.
7. Client is encouraged to stay properly fed and hydrated before, during, and after the training session. Client is also encouraged to wear proper footwear and appropriate clothing.

By signing below, I indicate that I have read and understand the above policies.

Client's Signature: _____ Date: _____