



Target Training Personal Training Contract

I _____, have enrolled to participate in a personal training program provided by Target Training. I fully understand that once a trainer is identified for my needs, I must schedule my personal training sessions directly with the trainer at the location of my choice. I fully understand that I should be dressed appropriately and ready to participate at the time of the scheduled personal training session. If I am not ready to participate at the scheduled time it will be deducted from my training time for that particular session. **Sessions will start and end on time.** I fully understand that if I am unable to make the scheduled personal training session due to illness, emergency, travel, or any other circumstance that may arise; it is my responsibility to notify my personal trainer twenty-four (24) hours in advance and reschedule my appointment. I fully understand that if I do not notify my personal trainer in advance I will be charged for that session just as if I had used that session. I fully understand that the cost for participation in this program is (check desired training): Pricing on Training Sessions are shown below (Plus Tax 9%). All prices are subject to change at any time.

4 sessions per Month = \$ 260.00	Quarterly \$730.00	Yearly \$3000.00
8 sessions per Month = \$ 480.00	Quarterly \$1340.00	Yearly \$5100.00
12 Sessions per Month = \$ 660.00	Quarterly \$1830.00	Yearly \$6800.00

Group Sessions Which include 2 or more people
\$35.00 (plus taxes) per session/per person

In home training \$65.00 per training session (mileage fees may be applied)

By my signature below I represent that I have consulted with my physician and I am sufficiently fit to begin an aggressive program of rigorous physical activity.

I fully understand that the cost of a multiple session package must be paid by cash or check (*credit card payment is optional*) is non-refundable. **Sessions expire at the end of each month, quarter, or year from the contract date.** All training sessions must be paid in full directly to Shayne P. Norton prior to participation in this program.

Participant Signature

Date

Personal Trainer Signature

Date