

Frequent Training Agreement

Depending on the frequency and consistency of training, the client can earn free sessions towards their next package. Sessions will be tracked Any sessions missed due to the fault/ scheduling of the trainer will not count against the client. The client can choose from the following options:

- 1) Train twice a week without missing a session for (3) months = 1 free training session.
- 2) Train three times a week without missing a session for (3) months = 2 free training sessions.
- 3) Train 4 times a week without missing without missing a session for (3) months= 3 free training sessions.

Start date: _____ End date: _____

Client: _____ Date: _____

Trainer: _____ Date: _____