



RESHAPE
DESIGNING THE NEW YOU

PERSONAL TRAINING RETAINER

Name: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ Zip: _____

Home Phone: (____) _____ Work Phone: (____) _____

Cellular Phone: (____) _____

Employed by: _____

I, the person named above, agree to retain a representative of **RESHAPE, LLC** for Personal Fitness Training services. By signing this I am implying that I am in good health, haven't any undisclosed physical limitations and a doctor has not advised me against exercising.

Schedule:

I will meet with Nicole at **RESHAPE, LLC** on the following recurrent schedule:

Every _____ , _____ , and _____ at _____ am/pm.
(day) (day) (day) time)

I understand that prior to the first session, I will be asked for a retainer equal to one session's fee, in the exact amount of \$55, to be held by **RESHAPE, LLC**. The trainer will collect the per-session fee prior to each session. If I fail to give 24 hours notice for a cancellation, or if I fail to show up for a scheduled appointment, I will forfeit that retainer and a new one will be necessary to resume training. I also understand that because I am committing to a recurring series, I am being offered a reduced fee as compared to a single session. If I cancel twice in a 6-week period, the trainer, upon informing me, has the right to terminate the series and charge the standard per-session fee of \$70 per hour session. A session is one hour in duration and any time spent discussing routines or nutrition is counted as a part of that hour session. If I opt to keep the trainer longer than scheduled during any session, I will be subject to an additional per-hour fee of \$55 or one half-hour fee of \$35.

I understand that I can terminate this series at any time; however, I will provide notice of my desire to conclude the series 48 hours before my intended last session. Upon termination of the series, I will receive reimbursement of my retainer or I will apply the retainer to the final training session.

Signature

Date