



Marshall Fit302 Contract Agreement & Policies

Congratulations on your decision to participate in an exercise program with Marshall Fit302. With the help of your personal trainer Marshall, you will work on physical, mental and spiritual health to improve your ability to accomplish your training goals faster, safer and with maximum benefits and results.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and unsupervised (online) training days. Remembering, exercise, healthy eating and positive mental health are equally as important.

During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risks, including increased heart stress and chance of musculoskeletal injuries. In choosing one of our programs, you agree to assume responsibility for these risks and waive any possibility of personal damage or injury. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude any exercise program Initial_____

By signing below, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by the leaders of the program.

Personal Training Terms and Conditions

1. Personal training sessions that are not rescheduled or cancelled within 12hrs in advance will result in forfeiture of the session at the rate of one session cost.
 - a. You will have 1 opportunity to cancel per quarter, if necessary, without penalty
2. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with your trainer.
3. The expiration of these terms and conditions is void after (30/60/90/120 days from your signed agreement date)

Description of Program:

Total Cost \$: _____

Method of Payment: Credit/Debit Card, Venmo, Cash

Weekly/Biweekly Payments

We look forward to helping you reach your health and fitness goals!

Participant's Name (Please print clearly)

Date: _____

Participant's Signature

Date: _____

Trainer Signature

In-Person Sessions

Scheduling:

To schedule your initial session:

1. Complete the Contact Us Form with your general information, Health History Questionnaire, and Agreement and Policies forms. You can return via email to MarshallFit302@gmail.com
2. Register for your program of choice and pay via website using Credit/Debit card or Venmo.
3. Schedule your live in person training sessions **by calling Marshall Fit302 at 302-399-6175**

All scheduling, rescheduling or cancellation of Personal Training sessions should be done through your trainer Marshall via email MarshallFit302@gmail.com or calling 302-399-6175. All training sessions dates and times will be scheduled before the first session of the package commences.