



Dawni Rae Training

Training Contract

Client Name: _____

Phone: _____

Email: _____

Address: _____

Start Date of training: _____

I understand and agree to the following terms and conditions for training with Dawni Rae Training:

1. Program. I understand that Dawni Rae Training provides individual and group training including cardiovascular exercise, strength training, balance work, yoga, and other modalities in both indoor and outdoor venues.
2. Fees. I understand that training fees as specified below are due upon completion of each training schedule. Alternately, I can purchase a six-session punch card in advance for each type of session.
 - a. One-on-one training session: \$40/session
 - b. Partner training session: \$30/session each
 - c. Group training session of three or more people: \$25 or punchcard (6/\$120)
3. Training schedule. My training schedule is flexible based on needs. I will coordinate with Dawni Rae to train at times optimal for me and her. To start with, I will participate in the following training sessions: _____
4. Confirmations. I understand that Dawni Rae will confirm training dates with me at least 24 hours prior to the start of the planned session via text message. If I do not respond in a reasonable amount of time, that session will be recorded as a no-show.
5. Absences and late showings.
 - a. If I do not reschedule or cancel a training session at least 24 hours in advance, this counts as a no-show. I understand that I will still owe Dawni Rae Training for the full price of that session.
 - b. If I arrive late, I will receive only the remaining session time unless I have already made arrangements with Dawni Rae Training.
 - c. If Dawni Rae is late to a session or cancels a session, that session is owed to the client at no additional charge.
 - d. If I have regularly-scheduled partner training but cancel, I agree to either join another group to make up the session or pay a \$10 cancellation fee.
6. Results. I understand that I will get out what I put into this program. Results are expected, but not guaranteed.
7. Termination. I understand that I or Dawni Rae may terminate this training contract at any time.

Signature

Date

Printed Name