

[https://fill.boloforms.com/signature/1iSE4qTOpk5\\_fKYuqp6khyElsu9eIAdj7SLil7NJUq68?p=view#googtrans\(en\)](https://fill.boloforms.com/signature/1iSE4qTOpk5_fKYuqp6khyElsu9eIAdj7SLil7NJUq68?p=view#googtrans(en))

I understand there are inherent risks in participating in a program of strenuous exercise. Consequently, I have been examined by a physician of my choice and have obtained their approval for my participation in a fitness program within sixty days of the date set forth below. No changes have occurred in my physical condition since the date such approval was given that might affect my ability to participate in the fitness program. If a physician has not examined me, I agree to see a physician within sixty days to obtain their approval. I agree that those employed by Utopia fitness or independent contractors, shall not be liable or responsible for any injuries to me resulting from my participation in the fitness program designed for me (whether at my home, the gym, the gym's premises, or otherwise). I expressly release and discharge Utopia Fitness, their owners, employees, and independent contractors from all claims, actions, and/or judgment related to any injury or other damage which may occur in connection with my fitness program, expecting only an injury caused by the gross negligence on the internal act of such person. I understand that I am not obligated to perform nor participate in any activity I do not wish to do, and that it is my right to refuse such participation at any time during my training session. I understand that should I feel lightheaded, dizzy, faint, nauseated, or experienced pain or discomfort, I am to stop the activity and inform my personal trainer. I understand the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions. I understand that my personal trainer operates on a scheduled appointment basis and thus, requires that I provide 24-hour notice when canceling an appointment. No charge will be levied should I cancel within 24-hour notice. Should I cancel a session with less than a 24-hour notice, I

**will be charged in full for that session. I understand that it is recommended that cancelling sessions in the allotted time be rescheduled to ensure consistency and fitness progress. I understand that during a personal training session, my trainer may have to use touch training to correct alignment and/or focus on my concentration on a particular muscle area to be targeted. If I feel uncomfortable or experience any type of discomfort with touch training, I will immediately request that my trainer discontinue using this technique.**

**- I commit to be on time for my training sessions. I understand the importance of me arriving on time for my scheduled session. If I am running late, I will let my trainer know as soon as possible so we can adjust accordingly. I understand if I am more than 15 minutes late without prior notice, my session will be canceled and considered used. I understand if I arrive late and I receive a training session, My session will not be extended to make up for any lost time.**

**- I understand and commit to inform my trainer as soon as possible to reschedule my session if there is an emergency.**

**- I commit to come prepared for my training session. I must wear appropriate workout attire and bring a water bottle. I understand If I have any injuries or medical conditions that may affect my training, I need to notify my trainer beforehand so the trainer could modify the exercises accordingly.**

**- I commit to pay in full for my sessions depending on the amount me and my trainer agree on beforehand. I understand that when the second to last session is approaching, the next set of payments for sessions will be required. I understand that I need to inform my trainer ahead of time if I decide to discontinue my training, so the trainer could accept other clients in my spot.**

**- I understand that my sessions do have an expiration date. 10 sessions will expire in 3 months. 20 sessions will expire in 6 months. On top of that, the sessions I buy are not refundable. I understand that depending on the trainer, sessions can be transferred. All parties must agree on terms.**

**- I commit to give my full effort and attention. I understand that distractions such as phone calls or texting will not be tolerated as it can affect the quality of the workout.**

**- I understand that trainers at their discretion can terminate the training agreement at any time.**

**- I understand that fitness is a journey, and results take time. I commit to be consistent, dedicated, and patient.**

**- I understand that all of the above, both inside and outside of the gym, are key to achieving my goals.**

**-I understand that these policies are at the discretion of the trainer.**