Personal Training Client Agreement –
Policies, Terms, and Conditions.

By investing in Personal Training, you are taking a significant step toward achieving your health and fitness goals. I am fully committed to supporting you, but success also requires your personal commitment and consistency.

1. Session Policy

The key to results is consistency. Attending scheduled sessions regularly is just as important as the workouts themselves. Personal training guarantees you quality instruction and professional support, and I ask that you respect our agreed-upon session times.

- Cancellations: If you cannot attend a session, please provide at least 24 hours' notice. Cancellations made less than 24 hours before a session will result in a full charge for the session.
- Rescheduling: I will do my best to accommodate rescheduling requests, but this is subject to availability.
- Late Arrivals: If you arrive late, the session will still finish at the scheduled end time.

2. Payment & Holiday Policy

Your monthly payment covers:

- Your personal training sessions
- A structured plan for long-term progress

Holiday & Planned Breaks:

- Your pricing includes 5 weeks of unpaid holiday per year, covering periods when I am unavailable.
- If I need to take additional time off beyond the planned 5 weeks, I will arrange make-up sessions or pause payments accordingly.
- If you take extended leave (e.g., holiday, illness), we can discuss options for adjusting your plan, but this requires at least one month's notice when possible.

3. Nutrition Policy

Personal training sessions do not include structured nutrition coaching. However, you have the option to add nutrition support at a discounted rate. If you'd like to add nutrition coaching, please let me know, and we can discuss.

4. Injury & Rehabilitation Policy

If you are injured but still able to train in some capacity, I will modify your sessions accordingly, provided you notify me at least 24 hours in advance. This ensures we maintain consistency while working around any limitations.

5. Communication & Boundaries

Urgent session changes: Please WhatsApp me for last-minute cancellations or emergencies.
General inquiries & check-ins: Please email me at hello@stephaniejanerowden.com
Response time: I aim to respond to emails within 24 hours on weekdays and 48 hours on weekends.

6. Results & Client Commitment

- My goal is to support you beyond just workouts by providing effective training strategies and ongoing motivation.
- If you have questions about the reasoning behind any programming or advice, I encourage you to ask!

- **7. Refund & Termination Policy**
- All payments are non-refundable once the training period begins.
- If you wish to pause or cancel your plan, you must provide one month's notice before the next billing cycle.
- In cases of long-term illness or injury (with medical proof), we can discuss alternative arrangements.

8. Liability & Disclaimer

By participating in personal training, you acknowledge that:

- You are voluntarily engaging in physical activity and accept the potential risks involved.
- You understand that while I will provide guidance to minimize injury risks, you are responsible for your own well-being and safety.
- I am not liable for any injuries, health conditions, or adverse effects that occur outside of our agreed-upon training sessions.

9. Personal Agreement

I promise to support and guide you to the best of my ability, considering your unique preferences and circumstances. In return, I ask that you:

- Stay committed to your health, fitness, and well-being.
- Communicate openly and honestly about challenges so we can adjust your plan accordingly.
- Remember that your consistency, effort, and mindset are the biggest factors in achieving lasting results.

By signing up to my package, you acknowledge that you have read, understood, and agree to the terms of this agreement.