



The reformer specialist

Client Trainer Contract Agreement

Ready—Set—Glow!

Congratulations on your decision to journey forward using the Pilates Reformer!

With the help of personalised, one on one training, you can greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The education you will learn during these training sessions can be used for a lifetime.

In order to maximize progress, it will be necessary for you to follow program guidelines during supervised and, if applicable, unsupervised training days. Remember, exercise and healthy eating are EQUALLY important! It is recommended that all clients work towards 3 training sessions per week in studio. However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible.

I'm excited to begin working with you!

Let's Fly!



Personal Training Terms & Conditions

Personal Training sessions will last 60 minutes unless otherwise agreed before each session by both parties.

The Trainer will create an exercise program geared to the Client's fitness level and experience in order to meet the Client's objectives.

The Client agrees to indemnify and hold harmless Firefly Pilates and Sam Moore for any injuries, illnesses, and the like experienced as the result of the Client's Training Sessions.

While Sam Moore of Firefly Pilates fully believes exercise, specifically personalized to the Client, is beneficial to the Client's health and wellness, the Company and its Trainer cannot guarantee the results of Training Sessions. Firefly Pilates makes no representations and/or warranties that the Client will lose weight, gain muscle mass, be able to engage in any specific physical and/or athletic activity, or will attain any other particular and/or specific results. Sam Moore strongly encourages the Client to follow a healthy diet in conjunction with the training program.

The Client agrees to sign the attached PAR-Q form and update it when any health or personal information changes.

Training sessions may include, but are not limited to, the following activities; taking physical measurements, reading oxygen levels, taking blood pressure, testing of physical fitness; exercise; aerobics and aerobic conditioning; massage and soft tissue mobilisation; cardiovascular training; resistance training on the mat or the Pilates Reformer; discussing diet, and stretching.



Personal Training Terms & Conditions

The Client shall provide twenty-four (24) hour notice of any necessary cancellation of a scheduled Training Session. Failure to provide twenty-four (24) hour notice shall result in the Client being charged the full rate for the cancelled/missed Training Session.

Sam Moore, Firefly Pilates, will endeavour to also provide the Client twenty-four (24) hour notice of any scheduled Training session that may need to be cancelled; however, there may be instances where this is not practicable, and such would not constitute breach of this Contract on behalf of the Company.

Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with Sam Moore.

Should you choose to purchase a pack of sessions in bulk, the expiration policy requires completion of all personal training sessions within 4 months from the date of initial purchase. Personal training sessions are void after this time period and a refund will not be given.

No personal training refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions.

The Company and the Trainer declare and confirm that it is the intention of the parties that the Trainer shall have the status of a self-employed person and shall be responsible for all income tax liabilities and national insurance or similar contributions in respect of his or her fees and accordingly the Trainer hereby agrees to indemnify the Company in respect of any claims that may be made by the relevant authorities against the Company in respect of income tax and national insurance or similar contributions relating to the Services under this Agreement.

Firefly Pilates will take out and maintain throughout the term of this Agreement, Public Liability Insurance coverage (minimum £5 million cover) with an insurance office of repute to protect themselves against any liabilities arising out of this Agreement.



Personal Training Terms & Conditions

COVID-19

During face-to-face training appointments I understand the following

I understand that following a COVID-19 infection, I have to be completely free from symptoms for at least 7 days and have had a negative test result before returning to exercise. After a recent COVID-19 infection, Firefly Pilates may ask me to provide an “approval for exercise” form from my Doctor. I understand that my session plan may have to be adapted according to my physical abilities and strengths. COVID-19 can impact my physical health in many ways and I accept that I may need to return to exercise in phases. This may include half hour sessions instead of a full hour.

If I or anyone in my household have experienced a fever, shortness of breath, loss of sense of taste or smell & dry cough within the last 14 days, I will not attend my training session until I can prove a negative test result.

If I have been in close contact with anyone with confirmed COVID-19 I will not attend my training session until such time that a negative test result is shown.

The client is entitled to a copy of this contract at the time of their digital signature and any time after that.

By signing below, and returning this document to Sam Moore via email, the client acknowledges having read and understood this contract and that the client is satisfied with the terms and conditions contained in this contract.

Type your name as signature
and email this form back to
Sam Moore

Date
