

## UW-Whitewater – Recreation Sports & Facilities Personal Training Agreement Form – **Returning Client**

First and Last Name (print)	ID#
Email	Cell/Main Phone #
If purchasing Partner Sessions, who is your training partner:	Current Personal Trainer

**Signature required after each purchase on back →→→**

Package Options			
	One-On-One		Partner (Price Per Person)
Assessment (1 hour, includes InBody Scan)	\$35		\$35
Assessment + Program (2 appointments, 1 hour each)	\$50		\$45
Session Options	One-Hour Sessions	30 Minute Sessions	One-Hour Sessions
Single Session: Quantity_____	\$20	\$12	\$15
5 Session Package	\$100	\$60	\$75
10 Session Package	\$180	\$120	\$130
20 Session Package	\$320	\$240	\$220
<b>Total Due:</b>			

InBody Scan		
	Member	Non-Member
Single Scan	\$15	\$20
3 Scan Package	\$35	\$50
5 Scan Package	\$68	\$90
<b>Total Due:</b>		

### **InBody Scan Information**

- PT Info Packet is NOT required
- Appointment lasts about 15 minutes
- Make sure you get a copy of your receipt (this will be handed into the trainer)
- First contact will be via email including the protocol to be followed for the best results.

#### Office Use

Employee Initials	Date	Amount Paid	Payment Type:
_____	_____	_____	◇ Student Billing    ◇ Cash ◇ Purple Points    ◇ Check <span style="float: right;">(#      )</span>

# Warhawk Fitness Personal Training

## Program Information & Policies      Informed Consent & Waiver

Welcome to the Warhawk Fitness Personal Training program! We are thrilled that you chose us as a part of your commitment to health and fitness. Our skilled Personal Trainers are ready to provide you with the necessary information and motivation to help you reach and maintain your personal fitness goals. The following information will provide you with important program policies. Before getting started, please read and sign this form so that we can be sure that you have been provided with and understand this information.

### **FITNESS MEMBERSHIP**

A Warhawk Fitness Membership is required to participate in Personal Training services.

### **PAYMENT/EXPIRATION DATE**

Payment for sessions must be made *in advance* of meeting with your trainer. Additional sessions can be also be purchased in Williams Center Room 100. All *Warhawk Fitness Personal Training* sessions have an expiration date of one year from the date of purchase. After the expiration date, any remaining sessions will be invalid. Sessions can be frozen for medical purposes only and require medical documentation. Frozen sessions will be held for one year after which time any remaining sessions will become invalid.

### **CANCELLATIONS/TARDINESS**

In order to cancel or reschedule an appointment, you must contact your trainer *at least 24 hours in advance* of the scheduled appointment or you will be charged for that session. (NOTE: any exception to this policy will be made purely at the discretion of the trainer.) All clients and trainers are encouraged to be prompt. If a client arrives late, this time will be deducted from the session; contrarily, if a trainer arrives late, the amount of time will be *added* for an extended session. Please be advised that trainers are required to wait 15 minutes for a scheduled client, after which time the session is subject to cancellation and clients will be charged for a full session.

### **REFUNDS AND CREDITS**

The *Warhawk Fitness Personal Training program* does not offer refunds or credits, so please be sure that our services will match your needs *before* committing through payment. If you find that your needs change once you have begun this program, please let us know; we are eager to find a way to accommodate you within this program.

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I, \_\_\_\_\_, do hereby consent to participate in the *Warhawk Fitness Personal Training program* that will include weight training and/or cardiovascular exercise. I have been informed and understand that physical exercise has been associated with certain risks, including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure responses, and, in rare instances, heart attack or death. Every effort will be made to minimize these risks.

Any information that is obtained regarding my fitness level and my progress will be treated as privileged and confidential and will not be released or revealed to any person other than my physician or the program's Supervisor (for record keeping purposes) without my expressed written consent.

I have read and understand the foregoing consent to participation in said program. I am aware that I may discontinue participation in the program at any time that I see fit to do so. If at any time I have questions concerning the content, policies, or procedures regarding the personal training program (Warhawk Fitness Personal Training program) I will discuss these questions with my trainer or the program supervisor immediately.

In addition, I agree to the following:

- a) assume all risk of injury and all risk of damage to or loss of property arising out of my participation in this program;
- b) release, discharge, and waive any and all responsibility of the Office of Recreation Sports and Facilities and the University of Wisconsin – Whitewater from and against any liability of injury, including death, and for damage to or loss of property which may be suffered by the undersigned arising out of, or in any way connected with the participation in this program; and
- c) indemnify and hold harmless University of Wisconsin-Whitewater, UW System, UW System Board of Regents, its officers, agents and employees from and against all liability, claims, demands, actions, loss, and damage arising out of my participation in said Warhawk Fitness Personal Training program.

**I have read and will comply with all of the information contained in this document.**

Consenting Signature:

Print Name	Signature	Date