



**CLIENT TRAINING SERVICE AGREEMENT**

**TLTS PERFORMANCE** will provide custom specialized training to improve each athletic skill. TLTS can accommodate skill levels ranging from amateur to professional athletes and non-athletes. Weight training will involve use of free weights and dumbbells as well as power stations. Agility and/or plyometric training may include resistance such as bands and weighted devices. Cardiovascular training can include elliptical, treadmills, bikes, jogging or sprinting outdoors and various training apparatus.

**DISCLAIMER- READ CAREFULLY**

Client affirms that they are in good physical condition and do not suffer from any disability that prevents or limits participation in fitness programs and is currently authorized by their Physician to participate in an exercise program. Client understands that TOUCHING LIVES THROUGH SPORTS (TLTS PERFORMANCE) is not responsible for any injuries that occur as a result of gross negligence by client while under the supervision and guidance of an instructor or strength coach. Client is aware that minor injuries such as pulled muscles, dislocations, muscle strains and tears, aches and pains can result from any form of strenuous physical activity. Client agrees to train at his/her own risk and is aware of the possibility of minor injuries. The training programs and environments are designed to help prevent injuries. Client is responsible for learning proper forms and techniques as taught by the instructor(s) and failure to use proper techniques may result in injury.

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

**VALIDITY TERMS - COMMITMENT**

ALL C.O.R.E. TRAINING & ALL ATHLETE TRAINING CLIENTS MUST COMMIT TO THEIR CHOSEN TRAINING PROGRAMS FOR A MINIMUM 12-SESSIONS. TRAINING TIMES ARE TO BE RESERVED THROUGH PRE-PAYMENT ONLY. TRAINING SERVICE AGREEMENT AUTOMATICALLY RENEWS BY DEFAULT & CLIENT BILLED UNLESS CLIENT STATES TIME CHANGES OR TRAINING PROGRAM CANCELLATION. (BY DEFAULT, THE END OF AGREEMENT FOR C.O.R.E STRENGTH CLIENTS & ATHLETE TRAINING CLIENTS IS 60 DAYS FROM DATE OR PURCHASE OR AT COMPLETION OF 12 SESSIONS IF BEFORE 60DAYS, UNLESS SESSION DURATION IS OTHERWISE STATED DIFFERENTLY BY CLIENT AT THE TIME OF PROGRAM SELECTION). SHAG-RAG DISCOUNTS WILL APPLY FOR INDIVIDUALS WHO WERE AT THE SHAG RAG FACILITY AND CHOOSE TO MAKE A COMMITMENT FOR 12 SESSIONS OF TRAINING. CLIENT CAN OR MAY LOSE THEIR DESIRED TRAINING TIMES IF A 12-SESSION COMMITMENT IS NOT ESTABLISHED.

**APPOINTMENT RESPONSIBILITY**

ALL C.O.R.E TRAINING & ATHLETE CLIENTS WILL BE RESPONSIBLE FOR ALL TRAINING APPOINTMENTS. CANCELLATIONS MUST BE MADE 24-HOURS IN ADVANCE BY CALLING 931-537-3070 OR EMAILING [INFO@TLTSPERFORMANCE.COM](mailto:INFO@TLTSPERFORMANCE.COM). CLIENT HAS 7 DAYS TO MAKE UP CANCELLED SESSION BY COMING TO ANY OPEN GROUP TRAINING SESSION. CANCELLATIONS MADE LESS THAN 24-HOURS PRIOR TO SESSION TIMES WILL INCUR A 100% SESSION RATE CHARGE AND CLIENTS CAN ONLY USE OPEN GROUP TRAINING WORKOUTS FOR MAKE-UP SESSIONS. NO CALL NO SHOW = NO MAKE-UP SESSION & 100% SESSION RATE CHARGE & POSSIBLE LOSS OF DESIRED TRAINING TIMES. CLIENT WILL LOSE THEIR DESIRED TRAINING TIMES IF 4 CANCELLATIONS ARE MADE WITHIN A 30-DAY PERIOD.

**PAYMENT**

TERM OPTIONS: PAY PER SESSION OR WEEKLY PRE-PAY: CLIENT UNDERSTANDS THAT A MINIMUM REQUIREMENT OF ONE SESSION MUST BE COMPLETED EACH WEEK AND CLIENT WILL BE CHARGED FOR SESSION(S) MISSED (UNLESS OTHERWISE RE-SCHEDULED IN ADVANCE BY CLIENT). RE-OCCURRING TRAINING TIMES CAN ONLY BE RESERVED BY PRE-PAYMENT. 4-SESSION ADVANCE PAYMENT MINIMUM DUE AT SIGN-UP OR BEFORE 1<sup>ST</sup> SESSION (NON-REFUNDABLE).  
 PAYMENT OPTIONS: CASH, CHECK, PAYPAL & GIFT CERTIFICATES

**PROGRAM CANCELLATION POLICY**

CLIENT IS REQUIRED TO GIVE WRITTEN CANCELLATION NOTICE 15 DAYS BEFORE TERMINATION OF TRAINING PROGRAM WILL BE VALID. CLIENT WILL BE RESPONSIBLE FOR ALL TRAINING SESSIONS & SERVICE FEES AGREED UPON FROM DATE OF SIGNATURE UNTIL END OF AGREEMENT TERM. (BY DEFAULT, THE END OF AGREEMENT FOR C.O.R.E CLIENTS & ATHLETE TRAINING CLIENTS IS 60 DAYS FROM DATE OR PURCHASE OR AT COMPLETION OF 12 SESSIONS, UNLESS SESSION DURATION IS OTHERWISE STATED DIFFERENTLY BY CLIENT AT THE TIME OF PROGRAM SELECTION)

**MEMBERSHIP TYPES**

Athlete - Private Training	Athlete - Group Training	C.O.R.E. Strength – Private Training	C.O.R.E. Strength Group Training	Off-Site Group or Team Training
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Circle All That Apply

**SCHEDULES, PAYMENT PLAN**

DAYS	MON	TUE	WED	THUR	FRI	SAT
TIME						
COMMITMENT DURATION	12 SESSIONS	16 SESSIONS	20 SESSIONS	24 SESSIONS	28 SESSIONS	SPECIAL
RATES						

I HAVE REVIEWED AND AGREE TO ALL TERMS STATED ABOVE IN THIS DOCUMENT, I ATTEST, ACKNOWLEDGE AND AGREE THAT I AM LEGALLY BOUNDED BY THE CONTENT OF THIS CLIENT SERVICE TRAINING AGREEMENT.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

AUTO RENEWAL  One  Two  Three  Four  Five  Six  Seven  Eight  Nine  Ten

Agreement Termination Notice Given on this Date  Final Agreement Termination Date \_\_\_\_\_