

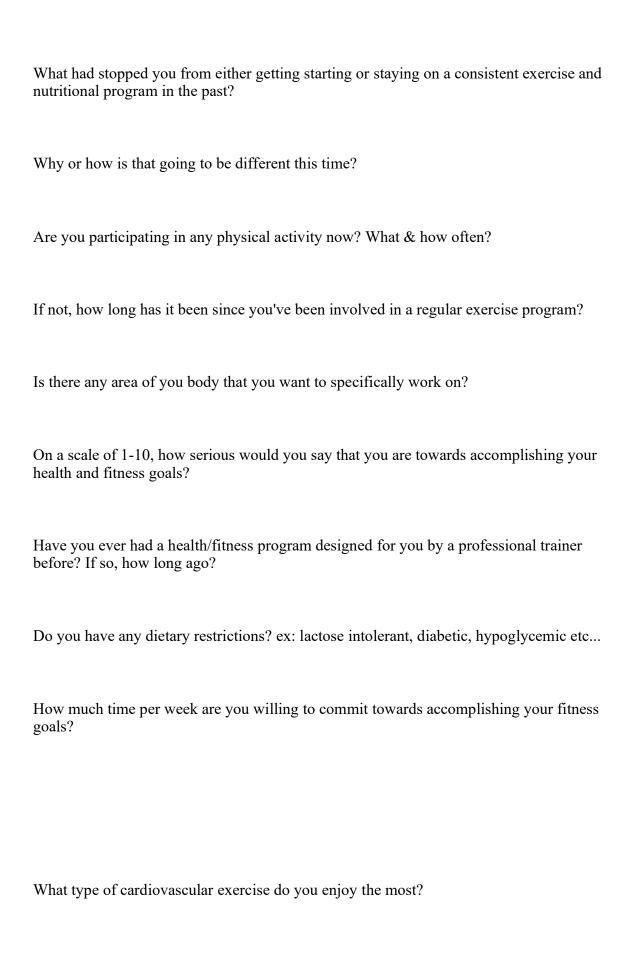
Training Agreement

I acknowledge and agree that this Agreement is not transferable or assignable. I acknowledge that payment is required for the competition of fitness services in advance of use. I agree to pay in advance for fitness training. I understand this money is not refundable. I understand this contract and the term it presents is for the purchase of training and any other purchase of services in the future. I acknowledge that this specific contract, release of liability, consent, and agreement is continuously valid indefinitely. I understand Universal Fitness Solutions LLC DBA Xtreme Fitnes Boot Camp Floida has the right and the authority to terminate this contract at any time, if I do not follow the rules of the trainer or fail to conduct myself in an appropriate manner.

Sessions are purchased in 30 and 60 minute increments; unless the trainer agrees to additional time per session. Each session is to be completed in the time allotted; if for any reason a session cannot be completed in the frame allotted a 2 hour notice is required. Boot Camp sessions are structured monthly, if a session is missed an opportunity to make the session up will fall upon the "client"; to either schedule an additional session with the trainer or participate in the following months Boot Camp program. If the client is considered a no call – no show for a session it is taken from the clients overall total of sessions remaining.

By signing this document,	I attest, contract, a	acknowledge, and	d agree that I am lega	lly bound by its con	tent.
Date:					
Printed Name:					
Signature:					
-				=	

Client Name:
What is your main goal for everyising?
What is your main goal for exercising?
Weight loss
Shaping & toning?
Weight gain
Building muscle
Building strength
Overall health
Lowering blood pressure or cholesterol
Other (please explain)
What is your ultimate outcome (i.e. In six month's time how would you ideally like to describe your body, physical vitality or performance?):
Why is this outcome important to you?
How long have you been thinking about getting into better shape?
Does your spouse support you in your endeavor to enjoy a more fit and healthy lifestyle?



Treadmill			
Pre-core ellipt	tical machine		
Bicycling d)sv	wimming		
Other (explain	n)		
Is there any thing no on a regular exercis		hat would prevent	you from getting starting
Client Signa	ature :		Date :