

# Bethesda Project Fitness Client Contract/Agreement

Congratulations on your decision to participate in an exercise program! With the help of B.P. Fitness, you greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The details of these fitness 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!

During your exercise program, every effort will be made to assure your safety. However, as with any exercise program, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In volunteering for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

By signing below, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by the leaders of the program.

## Terms and Conditions:

1. Fitness sessions that are not rescheduled or cancelled by contacting B.P. Fitness in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session.
2. Cancellations that are not given a 12-hour notice (prior to appointment time) may result in the forfeiture of the cost of the session. Unforeseen circumstances do arise, and this will be evaluated on an individual basis as well as considering the prior cancellation history of the client.
3. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with B.P. Fitness.
4. The expiration policy requires completion of all fitness sessions within 120 days from the date of the contract. Fitness sessions are void after this time period.
5. No refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions.
6. Bethesda Project Fitness holds the right to decline services to any client if the client is not an appropriate fit for this fitness model.
7. Scheduling will be made upon Bethesda Project Fitness' and the client's schedule availability as well as at the discretion of Bethesda Project Fitness.

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Printed Name of Participant

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Signature of Participant

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Date

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Printed Name of Witness

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Signature of Witness

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Date