

At Home Senior Fitness, LLC

Name _____
Address _____
Date of Birth _____ Phone _____ Email _____

● **Training Agreement**

By signing this agreement, you and your At Home Senior Fitness, LLC, trainer agree to make every effort to complete all sessions before the expiration date (6 months from purchase). As a new client to At Home Senior Fitness, LLC, you are entitled to a Fitness Assessment. This assessment will help us set goals, track progress, and monitor your personal health concerns, needs, fitness metrics, and nutritional health. Fitness Assessments can/will be conducted periodically as packages are renewed.

● **General Release and Waiver**

I hereby agree to release, indemnify, and hold harmless At Home Senior Fitness, LLC, its directors, employees, trainers, and other program participants from, for, and with respect to, any illness or injury, including death, or other loss, cost, damage, liability, claim, and expense incurred by me during or as a result of my participation in the At Home Senior Fitness, LLC, training program. I understand and agree that the foregoing release and indemnity is intended to be as broad and inclusive as permitted by Ohio law and that if any portion is found to be invalid, then the balance shall continue in full force and effect. I also agree that I have signed/clicked an At Home Senior Fitness, LLC, Waiver and Release, and that Waiver and Release is still effective and is hereby incorporated herein and made a part hereof.

● **Refund Policy**

A 10% service fee will be charged on the remaining balance of any training package.

● **Cancellation Policy**

To cancel and/or reschedule without being charged for a forfeited session, the client must notify At Home Senior Fitness, LLC, by no later than 5 pm the previous day by calling/texting 614-579-1336 or emailing michael@athomeseniorfitness.net.

Signature: _____ Date: _____

Please print and scan or email to michael@athomeseniorfitness.net or mail to At Home Senior Fitness, LLC, 25876 Fairmount Blvd., Beachwood, OH 44122