

# Sebastiaan Schlichter Health & Sports

## Personal training/coaching agreement

THIS AGREEMENT (**agreement**) is dated on \_\_\_ / \_\_\_ / \_\_\_\_\_ (dd/mm/yyyy) and made up between:

(1) Sebastiaan Schlichter Health & Sports (**company**), legally represented by Sebastiaan Schlichter (**trainer**).

(2) \_\_\_\_\_ (**client**)

Collectively mentioned as the parties (**parties**).

BOTH PARTIES AGREE TO THE FOLLOWING TERMS & CONDITIONS:

### Article 1

#### Engagement

1.1. The client is engaging company for personal training/coaching sessions by trainer provided by company.

1.2. The trainer will be responsible for an individual exercise program geared towards the clients goals and aspirations.

1.3. Training sessions may include, but are not limited to, the following activities: testing of physical fitness, exercise, aerobics/aerobic conditioning, cardiovascular training, strength training, and stretching.

1.4. The trainer and the company will be responsible for a safe and suitable work environment.

1.5. The client agrees to inform the company and the trainer of any and all conditions, medical or otherwise, that may affect the client's ability to participate in training sessions.

1.6. The trainer and the company will not be held accountable for the following:

1.6.1. Loss, theft, damage (direct as indirect) from or to goods owned by client.

1.6.2. Injury of client sustained during the planned session: physical and psychological.

1.6.3. Any conditions, medical or otherwise, which were sustained by the client, during the planned session.

### Article 2

#### Payments

2.1. The client agrees to a charge of €49,00 (VAT included) per planned session, unless agreed otherwise by parties.

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2.2. A planned session equals to 60 minutes.

2.3. The client will be billed monthly:

2.3.1. The amount of planned sessions from the month before will be calculated and billed via Email before the first day of each month.

2.3.2. The client agrees to pay the monthly bills within 14 days after receiving them.

2.3.2.1. If a payment has not been made within 14 days, all costs, including bailiff, lawyer fees, both judicial and extrajudicial, will be borne by the client.

2.4. Sessions will be weekly scheduled between parties.

2.4.1 Scheduled sessions will be noted/confirmed in either Email, Text or WhatsApp.

2.4.2 Verbally or not noted/confirmed sessions, do not meet the requirements of a planned session.

2.5. The client has the right to cancel a planned session without charge: 24 hours prior to the scheduled time/date.

2.5.1 No valid reason needs to be given.

2.6. The client has the right to cancel a planned session without charge within 12 hours prior to the scheduled time/date. Only valid\* when: medical or private situation.

2.6.1. \*Valid: decided by trainer, otherwise a higher authority: Medical professional (e.g. doctor, dentist or psychiatrist).

2.7. If the client cancels a planned session less than 12 hours before, or does not show up for a session: the client will be charged 100% of the amount agreed on in article 2.1.

2.8. The trainer has the right to cancel and charge (2.1) a planned session if the client is more than 15 minutes late.

2.8.1 The trainer is obligated to wait at least 15 minutes before leaving.

Location of signing: \_\_\_\_\_

Signature client

Signature trainer

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