

Fitness Contract for Team Members

Name: _____

Address: _____ Apt. # _____

City/State/Zip: _____

E-mail: _____

Phone Numbers: Home _____ Work _____ Cell _____

Payment Structure:

Pay: \$ _____ per month; payment is due every _____ (last work out day of current month). No exceptions for payment structure if any sessions are missed.

Training Schedule:

Fitness instructor will provide one hour session as agreed by each team member during the following training location, dates and time:

Training location: _____

Start Date: _____ End Date: _____

From: _____ AM/PM To: _____ AM/PM

Emergencies: If a medical emergency arises, please contact the following:

Name: _____ Relationship: _____

Phone Number(s): _____

Signatures:

Stephen A. King,
Fitness Trainer/Coach

Date

Fitness Team Member

Date

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