



## **Virtual Personal Training Agreement**

The Kaplen JCC offers Virtual Personal Training as a service to our members. This service allows the advantage of undivided attention from the comfort and convenience of both the client and trainer's home or space. Sessions are guided by a Kaplen JCC certified personal trainer and executed on a virtual platform mutually agreed upon by client and trainer such as Zoom, Facetime, or WhatsApp.

Kaplen JCC certified personal trainers are trained to execute proper techniques, but in virtual training there is a mutual understanding that some things might be missed. It is the client's responsibility to communicate how they are feeling and ensure the trainer can see their form to offer verbal and visual corrections and modifications.

**By purchasing and participating in virtual personal training at the Kaplen JCC, all clients understand and agree to the following risks.**

Strength, flexibility and aerobic exercise, including the use of equipment are potentially hazardous activities. Fitness activities involve a risk of injury, including a remote risk of death or serious disability, and participation in these activities is voluntary. Clients assume and accept all risk of injury or death. Clients have the right to stop or decrease exercise at any time during a session. It is the client's obligation to notify their physician or seek medical attention

Clients are required to complete the Kaplen JCC's medical history form and fitness profile/assessment prior to beginning any personal training regimen.

As a condition of enrollment, clients accept full and complete responsibility for their own ability to healthfully participate in this program. This means acknowledgement of the Kaplen JCC's recommendation to obtain physicians approval prior to participation in any fitness program. Clients agree to hold Kaplen JCC, its officers, shareholders, employees, agents, successors and assigns free and harmless of any and all liability for any subsequent injury or health problem that may result from or be aggravated by participation in virtual personal training. Injuries include but are not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness, or injury, however caused, occurring during or after participation in the exercise program.

**A 24 hour notice is required for cancellation of any appointment. Inadequate notice will result in the full training fee being charged. Virtual personal training sessions are good for one year after date of purchase.**