

**Letter of Agreement
Progressive Fitness, LLP**

This Agreement made and entered into this _____ day of _____, 200____, by and between _____ ("Client") and _____ ("Trainer").

In consideration of the mutual promises exchanged herein and other good and valuable consideration, the parties agree as follows:

1. Client and Trainer have agreed that Trainer will conduct ___ one-hour workout sessions. Each session will begin at a mutually convenient, agreed-upon time and shall be subject to the policies attached hereto as "Exhibit A."

2. Client will pay Trainer, in advance, the sum of \$_____ for these workout sessions or \$_____ monthly. Client acknowledges and agrees that no credit or refund shall be due for sessions cancelled by Client, except as provided in the Policies attached hereto as Exhibit A.

3. Concurrently with the execution of this Agreement, Client has executed and delivered to Trainer a Waiver and Assumption of Risk Agreement and a Waiver for Home Workouts Agreement (if applicable) (these agreements herein collectively referred to as the "Waiver Agreements"), in which Client assumes the risk of participating in an exercise program and agrees that Trainer and his or her agents, employees, or contractors, if any, shall have no liability for any injury, illness, or similar difficulty that Client may suffer arising out of or connected with Client's participation in Trainer's program. Client hereby acknowledges and agrees that the execution and delivery of the Waiver Agreements are material inducements to Trainer's permitting Client to participate in Trainer's program and agrees to be bound by same.

IN WITNESS WHEREOF, Client and Trainer have caused this Agreement to be executed on the day and year first above written.

by: _____
Trainer

Trainer, please print name

by: _____
Client's signature

Client, please print name

by: _____
Client's signature

Client, please print name

by: _____
Client's signature

Client, please print name