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8 Lindfield Road
Helensvale QLD 4212

AAA Performance Training Agreement

Congratulations on your decision to participate in a fitness program with AAA Performance Training.

You've taken a powerful step toward becoming stronger, fitter, and more in control of your health and performance. With my guidance, you'll improve your ability to reach your goals faster, more safely, and with maximum long-term results.

This isn't just about showing up to move. It's about learning to train with purpose. What you gain here — knowledge, habits, confidence — will stay with you for life. But to get the most out of it, you'll need to commit. Follow the program. Show up with intention. Trust the process.

Remember: **Exercise and healthy eating are equally important.** You can't out-train poor nutrition, and you won't see results without consistency in both. Together, we'll build a balanced, sustainable approach that supports your goals without burnout or shortcuts.

Your safety is a priority. Every effort will be made to guide you through proper form, smart programming, and gradual progress. That said, all training comes with some risk — from elevated heart rate to the potential for musculoskeletal strain. That's why it's critical you listen, communicate, and don't let excitement override common sense. Train hard, but train smart.

You've made the decision. Now it's time to follow through.

Client Contact Information

| | |
|-----------------|--|
| Full Name: | Date of Birth: |
| Address: | Email Address: |
| Contact Number: | Emergency Contact Name and Contact Number: |

Medical Conditions

| | |
|--|--|
| Do you have any injuries past or present? | <i>(If yes please provide details)</i> |
| Do you have any current medical conditions? (eg, asthma, heart conditions, epilepsy) | <i>(If yes please provide details including date of last symptoms)</i> |
| If yes to the above do you have/require Doctors clearance to train? | <i>(If yes please provide clearance letter)</i> |
| Do you currently take any medications? | <i>(If yes please provide names and frequency)</i> |
| Do you currently take any supplements? (eg. Pre-gym, creatine, magnesium) | <i>(If yes please provide products and frequency)</i> |
| Is there anything else you feel I should know as your trainer that may be detrimental to yourself or others? | <i>(If yes please provide details)</i> |

Tell me about You!

| | |
|---|--|
| What do you want to achieve through your training? <i>(eg. Feel stronger, weight loss, performance goal, community connection)</i> | |
| When was the last time you trained? <i>(What type of training did you do and what caused you to stop?)</i> | |
| What level of support would you like? | <i>Option 1: Text me if I miss a class Option 2: Text me if you don't see me for a week Option 3: Text me if you haven't seen me for a month</i> |
| Do you feel you have a healthy relationship with food? | <i>(Yes or no please tell me why)</i> |
| Have you done an inbody or dexa in the last 6 months? | <i>(If yes please attach results)</i> |
| How often would you like to train? | |

Non-Liability Terms and Conditions

1. Acknowledgment of Risk – Choose Power, Accept Responsibility

You acknowledge that participating in fitness training, strength conditioning, and physical performance activities carries inherent risks, including — but not limited to — injuries, strains, fractures, heart conditions, and, in rare cases, death. You accept full responsibility for your physical and mental well-being during all AAA Performance activities and programs.

2. Health Declaration – No Secrets, No Excuses

You declare that you are physically and medically fit to engage in intense exercise. You commit to providing full disclosure regarding any past or current injuries, medical conditions, or medications that could impact your training. You confirm that you have received clearance from your physician if required.

3. Release of Liability – We Train. You Own It.

By participating in AAA Performance Training, you voluntarily waive, release, and discharge AAA Performance Training, its owners, trainers, agents, and affiliates from any and all claims arising from injuries, illnesses, damages, or losses sustained during participation — including, but not limited to, negligence, equipment malfunction, or accidents.

4. Equipment and Facility Use – Respect the Gear, Respect the Grind

You agree to use all equipment and facilities appropriately and as directed. You acknowledge that misuse or careless behavior may cause injury and will be at your sole risk and expense.

5. Emergency Response – Fast Action Saves Lives

You agree to immediately report injuries or unusual symptoms to a staff member. AAA Performance provides basic first aid only; professional medical attention is your responsibility.

We are not a hospital. We are a high-performance facility.

6. Behavioral Expectations – No Tolerance for Disrespect

We expect all clients to maintain professionalism, mutual respect, and a champion's mindset. Aggressive, disruptive, discriminatory, or dangerous behavior will result in immediate expulsion from the program without refund.

7. Indemnification – Shield Us from Your Actions

You agree to indemnify, defend, and hold harmless AAA Performance Training from any and all liabilities, claims, demands, or lawsuits resulting from your conduct, negligence, or breach of this agreement.

8. Personal Property – Guard Your Gear

AAA Performance Training is not responsible for lost, stolen, or damaged personal belongings. You are solely responsible for securing your own items.

9. Membership Time-Off and Billing Policy – Respect the Process

You may request up to four (4) weeks of unpaid time-off per calendar year. Requests must be submitted at least fourteen (14) days in advance via email.

Time-off does not pause billing unless explicitly confirmed in writing by AAA Performance Training. We do not retroactively grant time-off.

10. Cancellation of membership

The Client may cancel their membership at any time by providing a minimum of **two (2) weeks notice in writing** to AAA Performance Training. Notice must be submitted via email, text message, or written letter to the Coach. Membership fees will continue to be charged and payable during the notice period. Failure to provide the required notice will result in the Client being charged for the additional two (2) weeks from the date notice is received.

10. Media Release Consent – Be Part of the Legacy

You grant AAA Performance Training the right to use your name, likeness, photographs, videos, or testimonials for promotional and marketing purposes across all media formats, worldwide, without compensation.

Withdrawal of consent must be submitted in writing. Prior materials may remain in use.

Train here. Be legendary.

11. Modification of Terms – Evolution is Non-Negotiable

AAA Performance Training reserves the right to update, modify, or revise these Terms and Conditions at any time. Notice of major changes will be provided.

Your continued participation = automatic acceptance.

12. Acknowledgment and Signature – No Turning Back

By signing below, you confirm that you have read, understood, and agreed to these Terms and Conditions without reservation.

Signature: _____

Print Name: _____

Date: _____



"No Limits. No Excuses. No Apologies. You're Welcome."