



## **Personal Training – Terms and conditions**

- All payments are non-refundable. All sessions must be used within six months of purchase. If sessions not used within this time due to inactivity, sessions will not be refunded and deemed void.
- Notification of cancelled appointments must be made in excess of 24 hours in advance of the session start time. Failure to do so will incur a cancellation fee equivalent to the full price of the session and/or the loss of that session from your course(early morning clients – this applies to the night before)
- Emergency cancellations will be treated at the discretion of the personal trainer
- The session will be deemed to have started at the pre-arranged session time. Any lost time due to late arrival will not be made up at the end of the session
- In the case of the personal trainer falling ill or being unable to instruct the session, the session will be cancelled and re-arranged

## **Disclaimer**

- I recognise that the personal trainer is not able to provide me with medical advice with regard to my medical fitness and that the information is used as a guideline to the limitations of my ability to exercise safely. I have answered the questions to the best of my ability and understand the advice.
- I also state that I wish to participate in activities which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury and even the possibility of death. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.
- I have read and understood the terms and conditions above and agree to abide by them

Sign: \_\_\_\_\_

Sign: \_\_\_\_\_

Client Name: \_\_\_\_\_ Date: \_\_\_\_ Instructor Name: \_\_\_\_\_ Date: \_\_\_\_