



TERMS & CONDITIONS

By purchasing my personal training sessions you are agreeing to be bound by these terms and conditions.

Donna Richardson Personal Trainer
Aspire Fitness

Please read the following Terms and Conditions carefully.

Introduction

These terms and conditions form part of your agreement with the Trainer. You understand that the Trainer is self-employed and you are entering into a contract with her alone. Your instructions to commence personal training will constitute acceptance of these Terms and Conditions when you will become a client (the "client").

The Trainer's Obligations

The Trainer will use her skills and knowledge to design a safe programme of exercise that will take into account your lifestyle, personal goals, fitness levels and medical history.

The Trainer will provide the coaching, supervision, advice and support that you will need to achieve your goals. Each personal training session will last 60 minutes (a "session").

All client information is strictly confidential and will only be seen by the Trainer.

The Client's Obligations

You understand that the results of any fitness programme cannot be guaranteed. Your progress depends upon your effort and cooperation in and outside of the sessions. In particular you acknowledge that individual results may vary and no particular result is guaranteed by your Trainer.

It is understood between you and the Trainer that Both must commit to your training programme 100% in order for you to achieve results.

You are required to complete the PAR-Q form and Pre- Consultation Health and Lifestyle form before starting your first session.

You agree to disclose to the Trainer any medical conditions, health concerns and/or previous injuries which may impact your ability to train effectively.

You agree to inform the Trainer of any changes in medical conditions or previous injuries as or when they occur.

The trainer cannot be held liable for any undisclosed information or any unknown medical conditions.

Based on the information in the PAR-Q form the Trainer may require you to visit your GP to obtain medical clearance to undertake an exercise programme.

In order for the Trainer to complete the training plan, you are required to arrive on time and be ready to train at the specified Session time.

You understand that there are inherent risks in participating in a programme of strenuous exercise. If you sustain or claim to sustain any injury while participating in training, you acknowledge that the Trainer is not responsible, except where the injury was caused by her gross negligence or intentional act.

Payment

All sessions need to be paid for in advance but block bookings do not need to be scheduled in advance.

Payment can be made by cheque payable to Donna Richardson, bank transfer (details will be given by the Trainer) or cash.

Cancellations

24 hours notice is required for all cancellations or postponements of Sessions.

Less than 24 hours notice (unless exceptional circumstances) will incur full payment for that Session.

Once purchased your Sessions are non- refundable.

If the Client cancels 3 or more Sessions in succession the Trainer reserves the right to terminate the Client/ Trainer agreement at the end of the booked package of Sessions.

Lateness Policy

Client- if the client is late, the Session cannot be extended and will end at the appointed time.

Trainer- if the trainer is late, additional time will be added to that Session or to subsequent Sessions.

Health and Safety

The Trainer holds a current Emergency First Aid certificate.

The Trainer holds Public Liability Insurance Cover

If the Trainer conducts the Sessions on your premises you are responsible for providing a safe training environment.

The Client is required to wear appropriate clothing and footwear whilst Training.

General

The Client agrees to use all Training and Diet plans only for his/her own personal development and will not copy, publish, reproduce or distribute any such materials.

The Trainer will provide at least 14 days notice of any leave ie, holidays and in the event of an extended absence will attempt to arrange suitable training provision/ cover for that period.

You understand that in the unlikely event of the Trainer being unable to continue your training, for any reason, you can request a full refund for any unfulfilled Sessions.