

Terms & Conditions

This agreement details the business contract between client & trainer:

Trish Moore and _____

- All fitness sessions should be paid for in advance of the specified training time unless taking a payment plan option; in this instance a non-refundable deposit of 20% is required, which will be deducted from the entire fee.
- If on a payment plan, every specified payment must be paid in full and including all training sessions agreed with at the start of the booking period.
- Sessions bought on a 6 weekly tariff for example, must be redeemed within the specified time period PLUS 2 weeks grace to allow for personal circumstances beyond a person's control such as significant illness or bereavement. Thereafter, any sessions not used will be lost.
- 24 hours notice must be given if you wish to cancel a session or full payment will be due.
- Payments for single sessions or block bookings are only refundable at start of training at least 24 hours prior to first session.
- Fab Female Fitness reserves the right to cancel any training agreement with immediate effect for non-payment of services within the allotted timeframe of 7 days from receipt of invoice.
- If you, the client are running late, the trainer does not have to extend the session time. Session time may be extended at the discretion of your trainer.
- If the trainer is late for a session, your session will be extended if convenient at the time or additional session time will be added to your account.
- If the trainer has to cancel your session for any reason, the session will be rescheduled at a mutually convenient time.

Trainers Responsibilities

- A health screen will be carried out before any exercise session can be delivered. This includes a Pre-Activity Readiness Questionnaire (PAR-Q) and blood pressure. GP consent may be required in some cases and it is the client's responsibility to obtain the required consent (see below). There may be a charge for this service from your GP.
- To ensure all aspects of the service is delivered; hand-written fitness program, nutrition advice and food diary analysis and exercise sessions.
- Ensure public liability insurance, first aid certification and up to date qualifications are valid at all times. (Available for viewing on request)

Client's Responsibilities

- To adhere to the above **Terms and Conditions**. Failure to do so gives the trainer the right to forfeit fees/sessions as outlined above.
- To obtain GP consent if requested to do so following a health screen. Failure to do so will result in not being able to participate in exercise sessions. Some GP's may charge for this service.
- Accept full responsibility for participation in exercise sessions and nutritional changes.
- Be responsible for wearing the appropriate clothing and footwear.

These Terms & Conditions are subject to change and therefore may alter from time to time.

**Thank you for your co-operation
Fab Female Fitness**