

PERSONAL TRAINING

Personal training sessions

Sessions

- Sessions are subject to availability. The trainer will look to allocate the sessions on a weekly basis for a block of 5 or 10 sessions.
- All sessions will last a maximum of 55 minutes

Refunds & Cancellations

- In the event a client cancels a session, a minimum of 24 hour's notice must be given. Late cancellations or no-shows are charged in full.
- Sessions may be rescheduled due to circumstances beyond control (e.g., illness, venue closure, extreme weather)
- If the trainer cancels, the session will be rescheduled at no cost.
- No refunds for terminated services due to misconduct.
- Sessions end at the scheduled time regardless of client lateness. Full session fee applies.
- The trainer reserves the right to terminate services due to inappropriate behaviour, harassment, unsafe conduct, or repeated policy violations.
- No refunds will be permitted for personal training sessions. A freeze or transfer request may be made to the manager if there is a valid reason for stopping the sessions.
- Block booked sessions are valid for 90 days maximum period of use for 5 block sessions and 120 days for 10 block sessions.

Readiness to exercise

- A client consultation will confirm they are physically fit to participate in exercise.
- Clients must disclose all medical conditions, injuries, medications, or limitations before training begins.
- If required, clients must obtain medical clearance from their doctor prior to participation.
- Participation is at the client's own risk.
- Clients acknowledge that physical exercise involves inherent risks, including injury, illness, or in rare cases, serious health events.
- The trainer is not liable for injuries sustained during sessions unless caused by proven negligence.
- Results are not guaranteed and depend on client effort, lifestyle, and adherence.

Confidentiality & Data Protection

- All client information, health records, and progress data remain confidential.

Media Release (Optional Clause)

- Clients may choose to allow use of progress photos or testimonials for marketing purposes.
- Photos, testimonials, or progress results will not be shared without written consent.

Online Coaching Disclaimer (If Applicable)

- Online programs are for guidance only.
- Trainer is not responsible for injuries occurring outside supervised sessions.

Liability Waiver

- Clients waive claims against the trainer for injuries sustained during training, except in cases of gross negligence.

Agreement & Signature

- Client confirms they have read, understood, and agreed to all terms and conditions before commencing training.