



ELITE PERSONAL TRAINING ONLINE COACHING

Personal Training Terms and Conditions

You are advised to read this carefully (and are responsible for reading) all information set out in these terms and conditions fully.

The Trainer's Obligations:

- The Trainer will use their skills and knowledge to design a safe programme of exercise to achieve the Client's goals.
- This will take into account: the Client's age, health, lifestyle, background, occupation, fitness levels, likes and dislikes related to exercise and personality.
- The Trainer will endeavour to educate, motivate and inspire the Client to reach these goals.
- The Trainer will provide the coaching, supervision, advice and support that the Client will need to help them achieve their goals during each session.
- Health Screening - All Clients must complete a PAR-Q before commencing any exercise programme.
- Your Trainer may require a letter of 'medical clearance' from your GP depending on your health status. (Please be aware that your GP may charge for providing this letter)
- Your Trainer cannot be held liable in any way for undeclared or unknown medical conditions.
- To lead by example and give 100% commitment + 10% extra mile! To be completely honest if goals are unattainable.

The Client's Obligations:

- Be on time so that a full session can be achieved on each visit. The Client is required to wear appropriate clothing and footwear.
- Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.
- Commit to the programme 100% in order to achieve results
- In order to design your nutritional programme and to assess its effects, it is essential that you be honest with us regarding your nutritional intake.
- If the trainer requires, provide further medical information from a practitioner.

Session Cancellation:

- 24hr notice of cancellation is required for all appointments.
- Notice of less than 24hr will incur a full payment of the session fee.

Re-arranging a Session:

- At least 24hr notice is required to re-arrange a session; this can only be done if the Trainer has the availability you need. If the Trainer is unavailable to re-arrange, the session would either need to be kept or be cancelled.

Lateness:

- If the Client is late for a session the session cannot be extended and will end at the appointed time. If the Trainer is late additional time will be added to the session or to subsequent sessions. If the client arrives more than 20 minutes late for a scheduled appointment, the Trainer may leave the premises and the appointment may be forfeited.

Payments:

- The minimum number of sessions that can be purchased is two sessions per week. Payment for these sessions must be made at the time of booking.
- Cheques or cash should be made payable to: Mr. Tomasz Zielinski.
- For bank transfers Tomasz will provide you with the account details.
- All the packages must be redeemed within 90 days of purchase.
- Long Term Absences - Injury, Illness, Pregnancy & Other
- Sessions can be used when you are well and able to do so again. If you are unable to return to the original or an amended version of the training programme after an agreed period of time (6 months or more) the sessions may be transferred to another suitable person.

Refunds

- All payments are not refundable. All sessions must be redeemed within 90 days of purchase.
- WE WISH YOU THE BEST OF LUCK ON YOUR NEW PERSONAL TRAINING PROGRAM!

Client signature and date:



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