

## TERMS & CONDITIONS

Packages are booked on a first come first basis as only a limited number of slots are available.

Sessions are booked on a first come first served basis, and number of sessions booked depends on slot availability.

Sessions need to be booked at least one week in advance.

Cancelled sessions need to be rescheduled at the earliest available slot. It is in the client's best interest to ensure that they re-book any cancelled sessions. (24hr cancellation policy as per client-trainer contract applies)

Packages are for the said duration as per client trainer contract, sessions need to be in sequence (if a term pack is booked, weeks need to be consecutive, unless otherwise specified in writing and signed by both trainer and client).

All clients are required to fill in a PAR-Q and participation in each training programme is subject to trainer's discretion.

All clients need to sign client trainer contract. With each package each client is entitled to ONE FREE short notice (less than 24hrs) cancellation. All other cancellations made less than 24 hours prior to the start of the session will be charged at the hourly rate, and deducted from the number of sessions remaining in the package.

No-shows are also charged at the normal hourly rate / deducted from the remaining pre-paid sessions.

ALL Personal Training packages are for a maximum of 3 months. Any remaining sessions will be not be refunded following the 3 month term unless previously agreed in client trainer contract.

Clients need to wear appropriate training clothing for each session and bring their own fluids (ex: water) and medication (ex: inhaler) for their sessions.

For hygiene purposes each client is required to bring their own towel.

Trainer may stop a session or cancel the session at his/her discretion if it is deemed unsuitable for the client to do that particular session.

Clients should advise trainer prior to exercise should there be any changes in relation to their medical/health conditions as stated in their PAR-Q.

It is in every client's best interest to arrive on time for the sessions as time missed will not be added on at the end of the session. Kindly contact trainer if you think you might be late for your session.