
HAPPY BODY STUDIO

TERMS & CONDITIONS FOR PERSONAL TRAINING SESSIONS

Block Payment

- If you pay for your Personal Training by purchasing 8 or 12 session blocks, payment must be made in advance of any Personal Training sessions taking place.
- The 8 session Personal Training blocks must be used within 60 days of purchase after which any remaining sessions will be forfeited.
- The 12 session Personal Training blocks must be used within 90 days of purchase after which any remaining sessions will be forfeited.

INFORMATION

- Please disclose all health information as requested at our initial consultation and keep me updated and informed of any changes to your health status. This includes all medical conditions; physical and mental, injuries, allergies, and medication you are taking. If necessary, you may need to seek clearance from your doctor before participation in the exercise programme I recommend.

CANCELLATIONS

- If you need to cancel a session that you have booked, you must give us 24 hours cancellation notice. Failure to do so will result in you being charged the full session rate or the session for.
- If, for any reason, we need to cancel your appointment within 24 hours, you will not lose out on your session and a rescheduled time will be agreed.

REFUNDS

- If you are unable to continue your Personal Training sessions due to medical reasons, a refund may be available for any remaining sessions. Refunds cannot be provided under any other circumstances.

LATE ARRIVALS

- If you're late for your session, your session length will be reduced accordingly, and you will be charged at the normal session rate.

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- If you're more than 20 minutes late, the session may be cancelled, and you will be charged for the full session at the normal session rate.

SESSIONS

- Please arrive prepared for your session with a bottle of water and appropriate clothing and footwear.
- Arrive well hydrated and it is recommended to have a snack or meal at least 2 hours before your session.
- Should you experience any pain, discomfort, or injury during any of your sessions, please inform your Personal Trainer immediately who will ensure appropriate action is taken.
- Prior to, or during, the course of your Personal Training, health concerns may arise that may require further input from your doctor, physiotherapist, or other allied health care professional. If such concerns arise, you should consult an appropriate health professional before continuing your Personal Training sessions.
- Please be aware that your Personal Trainer is not a health care professional and cannot diagnose and/or prescribe treatment for any form of injury, disease, or other medical problem.

COMMUNICATION & COMMITMENT

- While I can give you the tools and encouragement to reach your goals, ultimately you will need to assume responsibility for making the required changes. I can best help you with this process if you keep me fully informed of any issues that arise for you and if you have any questions or concerns whatsoever please don't hesitate to voice them with me.

Signed Client _____ Date _____