



Laurux Fitness

Terms and conditions

Personal training sessions

1. **Every** client must fill in and return health and safety form, prior to first session.
2. Sessions **MUST** be booked 7 days in advance to avoid disappointment or if buying package book most the days you would like to train.
3. **If unable to attend, must notify at least 24 hours, otherwise full payment will be due.**
4. Last minute/emergency bookings (no later than 24 hours in advance) available at coach discretion and must be confirmed by text message by the coach.
5. If emergency occurs, session could be moved to a next day/week depending on the availability.
6. If you on holiday at least 2 weeks' notice should be given so we can adjust sessions plan.
7. If session is cancelled by mutual agreement, new one must be arranged within 7 days.
8. No refund given if you change your mind or can't commit. If medical issues occur, we can freeze remaining sessions for up to 3 months.
9. You must not attend sessions if you have infectious disease, are displaying any symptoms of illness or are waiting on a test result in relation to an infectious disease.
10. **All bundles whether 10 sessions or 12 weeks must be used within 4-month period.**
11. If paying by monthly direct debit it starts from the day you signed up. If you sign for once a week session and miss one, you can have two sessions next week depending on availability, all missed sessions must be done within one month.
12. If you signed up to pay by monthly direct debit for 12 months and cancel after 6 months, you will have to pay full agreement price of 12 month's sessions.
13. If you pay monthly on a rolling basis to terminate this 1 months' notice must be given.
14. Gift cards are valid for 12 months.

Health and suitability

Ultimate responsibility in assessing the suitability and safety of any session or exercise must rest upon the client. Laurux fitness will endeavour to ensure the client has completed the relevant health questionnaire. If any questions have been answered “yes” the responsibility lies with the client to obtain any necessary professional approval for the suitability of any exercise regime undertaken. It is the responsibility of the client to update and inform Laurux fitness of any changes in their specific or general health conditions that may or may not affect the suitability of any exercise regime entered in. Remember to bring water in and take breaks if necessary.

In the interest of safety, no under 16's are able to take part in personal training sessions, unless supervised by a parent you can take part from 14.

TERMINATION/SUSPENSION

We reserve the right to terminate membership for any of the following:

1 breach of rules and regulations;

2 serious breach of these General Terms and Conditions of Use;

3 conduct which, in our reasonable opinion, is damaging to the character or interest of the sessions, or is offensive to other members or staff, hazardous to the health and safety of other members or staff or of significant impediment to the enjoyment of other members.

4 We retain absolute discretion to reject any application or renewal of membership without giving any reason for doing so.

5 Membership of the sessions may be suspended by us if there are any irregularities regarding payments. We reserve the right to appoint a third party to recover outstanding membership fees. Access to the sessions may at our discretion be denied until these issues have been resolved. If we think it is appropriate, acting reasonably and at its own discretion, the membership will be terminated.

DATA PROTECTION

13.1 We agree to comply with all relevant Data Protection Legislation which for the purpose of this Agreement shall mean the UK Data Protection Legislation and any other European Union legislation including the General Data Protection Regulation 2018 relating to personal data and all other legislation and regulatory requirements in force from time to time which apply to a party relating to the use of personal data (including, without limitation, the privacy of electronic communications)

13.2 We hold any information that you provide to us in accordance with our privacy policy on our website.

Participants name : _____

Signature _____

