

Personal Training Terms and Conditions

- These terms and conditions apply to your purchase of all personal training sessions with WomenFIT.
- These terms and conditions govern the relationship between you and Charlotte Wright trading as WOMENFIT.
- Your agreement with WOMENFIT is made up of your completed and signed Personal Training Information form and these terms and conditions. These documents together form a legal agreement between us, so please make sure that you read them carefully and understand them. If you have any questions, please ask.

The Trainers Obligations

The Trainer will:

- Use their skills and knowledge to design a safe programme of exercise to achieve the client's goals.
- Take into account: the client's age, health, lifestyle, background, occupation, fitness levels, likes and dislikes related to exercise and personality.
- Endeavour to educate, motivate and inspire the client to reach these goals.
- Provide the coaching, supervision, advice and support that the client will need to help them achieve their goals during each session.
- Be completely honest with the clients if the goals are unattainable.
- Give advice where required & within their remit of a pre and postnatal exercise specialist.
- The trainer is not intended to provide or replace medical advice and if necessary will advise or refer the client to an appropriate professional to seek advice if required.
- WomenFIT cannot be held liable in any way for undeclared or unknown medical conditions.

The Clients Obligations

The client will:

- Complete a full PAR Q Health Assessment before commencement of any personal training sessions with WOMENFIT.
- Provide all information needed to achieve their goals, and if the Trainer requires, provide further medical information from a practitioner.
- Arrive on time to ensure a full warm up is completed to avoid injury.
- Wear appropriate clothing and footwear.
- Commit to the programme to achieve the desired results and accept responsibility if they do not implement the guidance of the trainer and results are not achieved.

Payments

- Payments for taster sessions, single sessions, flexible packages and home personal training must be received in full no later than 1 working day before the client starts their training sessions with WOMENFIT.
- Pre-paid training sessions are non-transferable to any other party.
- All fees paid are non-refundable.
- All flexible packages purchased must be used within the agreed period as stated by WOMENFIT.
- Payments are to be made via internet bank transfer.
- In the event payment is not received 1 working day prior to the training session WOMENFIT can cancel the session with immediate effect by sending email / text message notice.
- In the event a Session Price is to be increased WOMENFIT will notify the client 60 days before the increase commences.

Standing Order Payments for Personal Training

- Standing Order is available for Personal Training pay monthly options and the prenatal trimester package only.
- All standing order Personal Training sessions must be used within the calendar month to which they relate. Any such sessions not used within the calendar month will be lost without any refund and may not be carried over into the following months.
- There is a 3-month minimum commitment to all standing order Personal Training pay monthly options and the Prenatal Trimester Package. 3 full months must be completed before you will be entitled to cancel any sessions.
- A standing order can be set up to be paid on a date during the month that suits you, the client. WOMENFIT must be informed of this date by the client.
- If after 3 months, the client wishes to cancel any ongoing training with WOMENFIT, the client must inform, via email or in writing, addressed to Charlotte Wright.

Session Cancellations

- WOMENFIT require a minimum of 24 hours' prior notice of any cancellation of any Personal Training sessions. This request is to be made directly to Charlotte Wright. If you do not provide a minimum of 24 hours' prior notice, you may lose that session and no refund will be given.
- Any rearranged cancelled sessions will be at a time mutually agreed between you and WOMENFIT.
- Where unforeseen circumstances arise such as an emergency and the session has to be cancelled it will be at the discretion of WOMENFIT to either take payment for the session missed or rearrange this session.
- WOMENFIT will give at least 24 hours' notice if Charlotte Wright is unable to conduct the session and payment will not be taken for that session.
- All clients will be given at least 7 days' notice if the personal trainer (Charlotte Wright) is to take a holiday.
- If for any medical reason you are no longer able to complete your Personal Training sessions, you will be given a refund on any outstanding sessions. We may ask for you to provide proof from your GP.

Online and Home Personal Training

- Clients must ensure that they have sufficient space for their personal training session with WomenFIT.
- The area in which they exercise should be free from obstacles.
- WomenFIT does not except any liability for any injury that could be caused from exercise.
- All equipment on loan from WomenFIT to the client must be kept safe and in a suitable condition on return.
- WomenFIT equipment is not for use by any other parties.
- WomenFIT equipment must not be used outside of 1-2-1 personal training sessions.
- Online personal training programmes will be sent out to the client via email or via an online app within 5 working days from their initial training session. This excludes bank holidays.
- Sessions conducted 5 miles or more from the M20 area an additional mileage charge will apply. This is to be agreed between both the client and WOMENFIT.

Health and Safety

- WOMENFIT will not be liable for any personal belongings of the client.
- All clients must declare any illness or injury before commencing any personal training sessions with WOMENFIT.
- WOMENFIT shall not be liable for any injuries, health implications, physical impact or damages to the client, or the property of the client, or be subject to any claim arising out of the equipment made available to the users.