

Terms and conditions

I look forward to helping you achieve your fitness goals. To help me provide a professional, enjoyable and inspiring experience for you, please read through the terms and conditions.

Exercising Safely

- Before you begin any exercise programme or begin to follow any of the fitness recommendations, advice or other instructions, you should first consult your doctor and have a physical examination.
- The recommendations, advice and instructions provided are in no way intended to replace or to be construed as medical advice.
- No warranties or representations are offered regarding the advice, instructions, email advice or any other information provided.
- You should be aware and accept that participating in exercise has a risk of causing injury, both minor and potentially major.
- I shall not be liable for any claims, demands, damages, rights of action or causes of action, present or future, arising out of or in connection with any instruction or information provided, including any injuries resulting therefrom.

You are required to fill in a health questionnaire to assess your suitability to exercise and disclose medical conditions which may contraindicate participation. Information disclosed by you will be treated confidentially.

If you are pregnant, suffer from very high blood pressure, chronic heart disease, retinal problems, epilepsy, have a joint replacement or recently undergone any major surgery, please consult your doctor prior to booking classes.

Please inform the teacher, prior to the start of the session, if you suffer from any injuries, medical conditions or have begun taking any medication (not declared at the time of registration).

Please note that if sessions are conducted on your premises you are responsible for providing a safe exercise environment.

I hold a current certificate for emergency first aid.

I have £5 million public liability insurance cover.

Payments and cancellations

Classes are sold in blocks running from term-to-term, or half-term to half-term.

Metafit payment blocks must be used within three months.

Payment is accepted via Paypal, internet transfer or cash.

Rates and prices can vary at any time at my discretion.

Renewals are offered as a priority to existing class participants and then to anyone on the waiting list on a 'first come, first served' basis.

Full course fees are payable regardless of whether the student completes the course.

All personal training sessions must be used within 6 months commencing from the first paid session.

1. 24 hours' notice of cancellation or postponement is required for all personal training appointments.
2. Notice of less than 24 hours will incur full payment of the full session fee.
3. Unforeseen events will be taken into consideration on the day.
4. Once purchased, your sessions are non-refundable and non transferable.
5. Refunds will not be given due to illness, injury or non participation.
6. It is unlikely that classes will be cancelled due to bad weather, but in the event of cancellation you will not be offered a refund but will be offered an extra class.

Catchup classes

If you are unable to attend a class, you are welcome to attend another appropriate class if places are available (please check with me first). Catchup classes need to be used during the current course and cannot be carried over to the next course.