

Client-Trainer Agreement

The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account the personal goals, fitness levels and exercise likes and dislikes.

The trainer will provide the coaching, supervision advice and support that the client may need to help them achieve their goals. The client's progress will be regularly monitored and the programme revised and adjusted accordingly.

The trainer will provide all necessary equipment and will organise appropriate venues for all training sessions

All client information will be kept strictly private and confidential. If the trainer requires further medical information from a practitioner, the client must provide such details.

It is understood between client and trainer that both will commit to the programme and give 100% effort.

The client is required to arrive 5 minutes prior to a training session so that a full session can be achieved on each visit.

The client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

Personal Training Terms and Conditions.

All clients must complete a PAR-Q before commencing any exercise programme.

Your trainer may require a letter of 'medical clearance' from your GP. Please be aware that your GP may charge you for this.

Training under the influence of drugs or alcohol is strictly prohibited. This will lead to instant dismissal and termination of the contract. No refund will be given.

Cancellation Policy

24 hours notice of cancellation is required for all appointments. The sessions will be added as credit for a later date. No refund will be given.

Notice of 12 hours or less and the sessions will be lost and not added on.

Lateness Policy

If the client is late for a session the session will not be extended and will end at the appointed time.

If the trainer is late, additional time will be added to the session or to subsequent sessions.

Fee Charging Policy

Payment for single sessions must be made at the time of booking. Cheques to be made payable to MR ANDREW K DAVIES.

Individual and group block bookings must be paid for in advance BUT sessions do not have to be booked in advance. However, all sessions must be redeemed within 31 days of purchase.

All monies paid are non-refundable. This includes any and all services provided by Andrew Davies Personal Training & Nutrition.

I recognise and understand all the terms and conditions set between my personal trainer and myself and agree to follow all the guidelines set out above.

I have read and agreed to the Terms and Conditions of the Liability Waiver.