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### Terms and Conditions

We look forward to working with you and helping you achieve your fitness goals.

To help us provide a professional, motivating and enjoyable experience for you and all our clients, please read through and sign the terms and conditions of Nordic Walking. If you have any questions do not hesitate to contact your trainer.

Payment: All payments for sabine fitness sessions are to be made in advance. Package renewals are due at the last session of the current package.

Rescheduling appointments: We understand that sometimes you may need to reschedule an appointment. We will do our best to accommodate your request. If your trainer is unable to find an alternative time, and your request is placed less than 12 hours prior to the appointment, you will be charged for the appointment.

Group Training: If a member of the group cancels or misses an appointment that group member will forfeit that session regardless of any prior notice given.

Cancelling or missing an appointment: If you miss a scheduled appointment or cancel with less than 12 hours notice, you will be charged for the scheduled training session.

Trainer cancellation or missing an appointment: In the event of unexpected absence, 8 hours notice will be given to you. In the event of your trainer missing a scheduled appointment, your trainer will credit you with one free training session. If you're trainer is absent due to a case of emergency you will be rescheduled with no penalty to us.

Client holidays and absences: We request 7 days advance notice be given of any prolonged training absences.

Trainer holidays and absences: Your trainer will provide you with at least 7 days notice for any prolonged trainer absences. Your trainer will discuss alternative training arrangements with you.

Health concerns: You must inform your trainer of any relevant injury or illness and will obtain a medical clearance from your medical specialist prior to beginning (or restarting) training if there are any medical concerns.

Medical freeze option: If you become ill or injured and have been advised by your doctor to temporarily discontinue training, you may freeze any remaining sessions for a period up to 3 months.

Session Validity: A block of 10 sessions is valid for 10 weeks from date of purchase.

Refunds: You are allowed 3 sessions to ensure your satisfaction with our service. If, after these 3 sessions you are dissatisfied with your training or any reason you are entitled to a full refund on any unused sessions (session's already undertaken will be charged for at the casual rate). Also, if an emergency arises that prevents you from continuing with your training permanently then you will be refunded for any remaining sessions minus a £ 10 admin fee and any sessions already undertaken will be charged for at the casual rate.

Terms and Conditions: The terms and conditions stated herein will automatically be carried over to your new sessions upon expiry of the current package without the need for a new agreement to be signed and dated.

Liability: You accept that participating in exercise has a risk of causing injury, both minor and potentially major.

**YOU ACCEPT THIS RISK AND ACCEPT FULL RESPONSIBILITY FOR YOUR EXERCISE AND TRAINING**

You will in no way hold your Personal Training liable for any injuries or illness sustained. You also agree that you have no undisclosed injury or illness that may affect your ability to undertake rigorous exercise and to the best of your knowledge you are ready and able to undertake this exercise program.