



## **TERMS & CONDITIONS**

1. All Participants agree that at time of booking, they do not have any of the following  
(You may still be able to participate, but you **MUST** contact the office first):
  - Heart condition
  - Experience chest pains when exercising or at rest
  - Are taking medication which may affect your ability to exercise safely
  - Have a medical condition or other reason which may affect your ability to exercise safely
2. All Participants agree to notify their instructor **IMMEDIATELY** if they feel unwell or have a condition or illness which may affect their ability to participate in their session **SAFELY**.
3. All Participants agree that **NO REFUNDS** will be given for sessions cancelled by the participant with less than **24 hours** notice.
4. All Participants agree that if they are under the influence of alcohol or drugs they will **NOT** be allowed to participate in sessions.
5. All Participants agree that suitable workout clothing **MUST** be worn during sessions in order to participate.
6. ALL Participants must book and pay for their sessions in **ADVANCE**