LMW Fitness Online Personal Training

Terms of Service

Welcome to LMW Fitness! By signing up to online personal training with Laura, you agree to the following Terms of Service. Please read them carefully as they set out what you can expect from us, and what we ask in return to make sure you get the best out of your training.

1. **Our Services**

* LMW Fitness provides online personal training, coaching and guidance tailored to your goals and needs.
* All services are delivered remotely through agreed platforms (such as video calls, email, apps or messaging).
* Training programmes are designed for general fitness and wellbeing. They are not a substitute for medical treatment, physiotherapy, or specialist healthcare.

1. **Your Responsibilities**

* You agree that you have either been cleared by a qualified healthcare professional to participate in physical activity or have decided to participate in your own free will and assume all risk of injury, illness, or death that may result from your participation. LMW Fitness strongly recommends consulting with your doctor before beginning any fitness programme.
* You agree to disclose any relevant health information to Laura so your training plan is safe and effective.
* You are responsible for completing the exercises as prescribed and for using proper form and safe equipment.

1. **Payments & Packages**

* Payment is required in advance for all online training packages unless otherwise agreed in writing.
* Prices are clearly stated at the time of booking and may be subject to change, though existing clients will always be informed in advance.
* Failure to make payment may result in services being suspended or cancelled.

1. **Cancellations & Rescheduling**

* If you need to cancel or reschedule a session, please provide at least 24 hours’ notice.
* Cancellations made with less than 24 hours’ notice may be charged in full at Laura’s discretion.
* Packages and programmes are non-refundable once started, except in exceptional circumstances.

1. **Results Disclaimer**

* Laura will provide guidance, motivation and structured training to support your goals.
* Results are dependent on your own effort, consistency, nutrition and lifestyle factors and therefore cannot be guaranteed.

1. **Liability**

* By taking part in training, you accept that physical exercise carries inherent risks.
* LMW Fitness and Laura are not liable for any injuries, accidents or health issues arising from your participation.
* You are responsible for ensuring your exercise environment (home, gym, outdoors etc.) is safe and suitable.

1. **Confidentiality & Data Protection**

* All personal information shared with LMW Fitness is kept confidential and handled in line with GDPR.
* Your details will never be shared with third parties without your consent, unless required by law.

1. **Code of Conduct**

* Sessions and communications are to be respectful and professional at all times.
* LMW Fitness reserves the right to terminate this agreement and cease services immediately for any reason, including, but not limited to, a breach of these Terms, non-payment or inappropriate conduct. In such cases, no refunds will be provided for any unused sessions or packages.

1. **Changes to Terms**

These Terms may be updated occasionally. Any significant changes will be communicated to current clients.

1. **Agreement**

* By purchasing services from LMW Fitness, you acknowledge that you have read, understood and agreed to these Terms of Service.
* This document constitutes the entire agreement between LMW Fitness and the client and supersedes all prior agreements, understandings, and negotiations, whether oral or written.