



T&C

Client / Trainer Agreement

- The trainer(s) will use their knowledge and skills to programme and design safe exercises, taking into account personal goals (personal training and online coaching), fitness levels (applies to all products) and preferences of movements dependent on any restrictions, be it physical or mental.
- The trainer(s) will provide the coaching, supervision, advice and support to clients in order to help achieve their goals. Client goals progress will be regularly monitored and the programme revised and adjusted accordingly.
- The trainer(s) will provide all necessary equipment and will organise appropriate venues for all Bootcamp training sessions (outdoors or indoors), as well as Personal Training sessions (outdoors or indoors).
- All client information will be kept strictly private and confidential. Any physical documentation will be stored securely and destroyed once uploaded electronically to a secure location. If the trainer(s) require further medical information from a health care practitioner, the client must provide such details in a timely manner.
- It is understood between client and trainer that both will commit to the programme and give 100% effort, with complete transparency of feedback.
- The client is required to arrive 5 minutes prior to a training session.
- The client is required to wear appropriate clothing and footwear. Clothes should be non-restrictive and appropriate for exercise. Footwear should be comfortable and provide adequate support, as well as appropriate for exercise.

Personal Training Terms and Conditions

Health Screening

- 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.

Cancellation Policy

- 48 hours notice of cancellation is required for all appointments.
- Notice of between 24 and 48 hours will require a 50% payment of the session fee.
- Notice of less than 24 hours notice will incur full payment of the session fee.

The fees will cover lost financials due to time lost and will be used to better our service offering through equipment purchasing, improving online experience and more.

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.



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Fee Charging Policy

- Payment for single sessions must be made at the time of booking. Cash to be made payable to **Jane Zanganeh**, card payments are to be made to the following account:

Miss C J Zanganeh

Sort Code: 04-00-04

Account number: 09140312

Reference: BTCMP+name, PT+name or, ONLC+name.

Please ensure to email contact@fitonthegreen.co.uk once payment has been made, so trainers are able to confirm payment has been received.

- Block bookings must be paid for in advance and must be redeemed within 90 days of purchase.
- All monies paid are non-refundable.

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

Client Sign:

Print Name:

Date:

Trainer Sign:

Print Name:

Date: