



Core Fitness Ltd

Personal Training London

Personal Training Terms & Conditions

Your agreement is with your personal trainer (Nida Mirza) who delivers your training.

These Terms and Conditions form part of your agreement with the Trainer. You understand that the Trainer is self-employed, and you are entering into a contract with her alone.

Your instructions to commence personal training will constitute acceptance of these Terms and Conditions when you will become a client. You are asked to pay special attention to the provisions related to cancellations. This does not affect your statutory rights.

Trainer's Obligations

The Trainer will use her skills and knowledge to design a safe programme of exercise that will take into account your lifestyle, personal goals, fitness levels and medical history.

The Trainer will provide the coaching, supervision, advice and support that you will need to achieve your goals.

You understand that the results of any fitness programme cannot be guaranteed. Your progress depends on your effort and co-operation in and outside of the sessions. In particular you acknowledge that individual results may vary, and no particular result is guaranteed by your Trainer.

All Client information will be kept strictly private and confidential.

Your Obligations

It is understood between you and your Trainer that both must commit to your training programme 100% in order for you to achieve results.

You are required to arrive on time for each Session so that the Trainer's full training plan is achieved on each visit.

You are required to wear appropriate clothing and footwear.

You are required to complete a Physical Activity Readiness Questionnaire (a “PARQ”) before undertaking your first personal training session.

Your Trainer may require a letter of ‘medical clearance’ from your GP. Please be aware that your GP may charge for providing this letter.

You understand and agree that it is your responsibility to inform the Trainer of any conditions or changes to your health, now and ongoing, which might affect your ability to exercise safely and with minimal risk of injury.

If your Trainer requires further medical information from a practitioner, you must provide such details.

You understand that there are inherent risks in participating in a programme of strenuous exercise. If you sustain or claim to sustain any injury while participating in training, you acknowledge that the Trainer is not responsible, except where the injury was caused by his/her gross negligence or intentional act.

Your Trainer cannot be held liable in any way for undeclared or unknown medical conditions.

All sessions must be used within the time period agreed with the trainer.

Cancellation and Refunds

24 hours’ notice of cancellation or postponement is required for all appointments. Notice of less than 24 hours will incur full payment of the full Session fee.

Once purchased, your Sessions are non-refundable and non-transferable.

Lateness Policy

If the client is late the Session cannot 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.

Health and Safety

Your Trainer has completed and holds a current certificate for emergency first aid at work approved by the Health and Safety Executive.

Your Trainer has £5 million public liability insurance cover.

If your Trainer conducts the Sessions on your premises you are responsible for providing a safe exercise environment.

Client Name:

Signature:

Date:

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