

You (the client) are advised and responsible for reading all information set out in these terms and conditions fully.

My Obligations as the Trainer

I, Paula Signal, will use my skills and knowledge to design a safe programme of exercise to achieve your (the client's) goals. This will take into account your age, health, lifestyle, background, occupation, fitness levels, likes and dislikes related to exercise, and personality. I will endeavour to educate, motivate and inspire you to reach those goals.

I will provide the coaching, supervision, advice and support that you will need to help you achieve your goals during each session.

Health Screening: you must complete a PAR-Q before commencing any exercise programme.

I may require a letter of 'medical clearance' from your GP depending on your health status. Please be aware that your GP may charge for providing this letter.

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

If I miss your session without at least 24 hours notice you will be credited with an additional session on top of the missed session.

I will lead by example and give 100% commitment.

I will be completely honest if your goals are unattainable.

Your Obligations as the Client

Be on time so that a full session can be achieved on each visit. Arrive 5-10 minutes early to warm up and stay 5 minutes after to cool down and stretch.

Wear appropriate clothing and footwear.

Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

Commit to the programme 100% in order to achieve results.

Provide all information needed to achieve your goals e.g. food diary or further medical information from a practitioner if I require it.

Session Cancellation Policy

24 hours notice of cancellation is required for all appointments.

Notice of less than 24 hours will incur a full payment of the session fee.

Re-arranging a Session

At least 24 hrs notice is required to re-arrange a session; this can only be done if I have the availability you need.

If I'm unavailable to re-arrange, the session would either need to be kept or be cancelled.

Lateness Policy

If you are late for a session, the session cannot be extended and will end at the appointed time.

If I am late to a session, additional time will be added to the session or to subsequent sessions.

If you arrive more than 20 minutes late for a scheduled appointment, I may leave the premises and the appointment may be forfeited.