

PERSONAL TRAINING TERMS & CONDITIONS

1. Appointments cancelled within the 24 hours prior, will still be charged the full session price, or deducted from a block booking.
2. Sessions must be used within 6 months of full payment.
3. If you arrive late to your appointment, the time will be deducted from your session.
4. If booking joint sessions, both clients must attend. If notice is given that one client can't attend, within 24 hours of the appointment, the session will still be charged as a joint session.
5. Refunds are not possible unless the client is unsatisfied with the product/service provided to them.
6. If you are ill, please notify your trainer before your session.
7. Please disclose any injuries or operations, past or present, to your trainer.
8. Your trainer will show you how to use the facilities and equipment safely. Consequently, your personal health and safety while working out in the gym is your responsibility.
9. If you are unsure about how to use a piece of equipment, please ask your trainer.

I confirm that I have been taught how to use the following pieces of equipment at Jamie baker fitness and have a full understanding of how the following pieces of equipment work:

- | | | |
|--|--|---|
| <input type="checkbox"/> Squat rack | <input type="checkbox"/> Kettlebells | <input type="checkbox"/> Spin bike |
| <input type="checkbox"/> Smith machine | <input type="checkbox"/> Medicine balls | <input type="checkbox"/> Rowing machine |
| <input type="checkbox"/> Leg press | <input type="checkbox"/> Core tower | <input type="checkbox"/> Ski machine |
| <input type="checkbox"/> Dumbbells | <input type="checkbox"/> Lat pulldown with attachments | <input type="checkbox"/> Cross trainer |
| <input type="checkbox"/> Cable machine and accessories | <input type="checkbox"/> Shoulder press | <input type="checkbox"/> Safety clips |
| <input type="checkbox"/> Bench | <input type="checkbox"/> Chest press | <input type="checkbox"/> Safety belt |
| <input type="checkbox"/> Bench press | <input type="checkbox"/> Tricep extension | <input type="checkbox"/> Sandbags |
| <input type="checkbox"/> Calf raise | <input type="checkbox"/> Leg extension | <input type="checkbox"/> Trapbar |
| <input type="checkbox"/> Preacher curl | <input type="checkbox"/> Leg curl | |

- I confirm that should I not know how to use any equipment, I will not use it until jamiebakerfitness has demonstrated how to use the equipment safely and efficiently.
 - I confirm I will not be lifting weights in an unsafe manor and I will be selecting a load that I know I can lift.
 - I confirm I will only use my key fob for access between 7am and 9pm weekdays and 8am to 4pm on weekends. I will not use my key fob outside of these hours.
 - I confirm that I will not allow access to the gym to anybody else.
 - I confirm that I will not allow others to use my key fob.
 - I understand that if I am in breach of the terms & conditions listed above I may lose my membership or incur a £10 fine.
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- I have read and understand the above Terms & Conditions.

DATE

PARTICIPANT SIGNATURE

PRINT NAME

TRAINERS SIGNATURE
