



Personal Training - Terms and Conditions

All PT sessions are only provisionally booked until payment is received.

Once booked PT sessions are not transferable to anyone else without the agreement of the Gym Manager.

Cancellations with less than 48 hrs notice means the payment for the session remains due.

Notice of cancellation should be sent directly to the Gym Manger on damienpt.klhc@gmail.com

All PT sessions must run strictly to time and so late arrivals will still need to finish at the booked 'end' time.

Any advice you receive during consultations or PT sessions should not be seen as a replacement for medical advice. If you have any worries about your medical health you must consult your Doctor.

Please ensure that your PAR Q form is up to date and advise us of any changes in your circumstances.

You may consider that you should inform your Doctor that you are about to undertake a programme of exercise, we would encourage you to do

PT sessions are only available to members of KLHC.

Name

Signed

Date