



## TERMS & CONDITIONS

50% discount only applies to package memberships of 5, 10, 15 and 20 for Workout To Help Out sessions

Offer runs from 1st -30th September 2020 (packages can be purchased by 25th August 2020)

Workout To Help Out scheme applies to small group personal training only

Sessions will not exceed more than 5 people and abide by gym and government guidelines on social distancing and cleanliness.

Access as many sessions as you require (subject to availability and package credits)  
\*60 Minute sessions; These sessions will include all or some, warm up exercises, mobility exercises, main session, cool down exercises and stretching.

Sessions may be subject to change - Session cancellations, Alternative arrangements or amendments need to be communicated with the Personal Trainer at least 24 hours in advance of a scheduled session in order to accommodate your request and others in waiting. Sessions cancelled less than 24 hours in advance may still be charged in full (at the Personal Trainers discretion).

Sessions will start at the time scheduled or an agreed time with the Personal Trainer. Arriving late to a session may impact the time remaining and may not guarantee extended time to fulfil the duration of that session (at the Personal Trainers discretion).

You will be required to give at least 7 days notice prior to cancelling your membership whilst refunds will be issued at the trainers discretion and pro rated on the credits used and remaining time upto and including the expiry date of the package.