

## Terms and Conditions

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We look forward to working with you and helping you achieve your Training goals. To help us provide a professional, motivating and enjoyable experience for you and all our clients, please read through the terms and conditions of Training with 20FIT Lifestyle Pty Ltd. If you have any questions do not hesitate to contact [info@20fit.com.au](mailto:info@20fit.com.au) or speak to your trainer.

- **Payment:** All payments for Training sessions are to be made in advance. Package renewals are due at the last session of the current package.
- **Rescheduling appointments:** We understand that sometimes you may need to reschedule an appointment. We will do our best to accommodate your request. If your trainer is unable to find an alternative time, and your request is placed less than 24 hours prior to the appointment, you will be charged for the appointment (except under special circumstances or in case of emergency).
- **Group Training:** If a member of the group cancels or misses an appointment that group member will forfeit that session regardless of any prior notice given.
- **Cancelling or missing an appointment:** If you miss a scheduled appointment or cancel with less than 24 hours notice, you will be charged for the scheduled training session (except under special circumstances or in case of emergency).
- **Trainer cancellation or missing an appointment:** In the event of unexpected absence, your trainer will contact you as soon as possible. If your trainer is absent due to a case of an emergency you will be contacted by the Personal Training Manager to explain the situation and reschedule the session with no penalty to us.
- **Client holidays and absences:** We request 7 days advance notice be given of any prolonged training absences.

- Trainer holidays and absences: Your trainer will provide you with at least 14 days notice for any prolonged trainer absences. Your trainer will discuss alternative personal training arrangements with you.
- Health concerns: You must inform your trainer of any relevant injury or illness and will obtain a medical clearance from your medical specialist prior to beginning (or restarting) training if there are any medical concerns.
- Medical freeze option: If you become ill or injured and have been advised by your doctor to temporarily discontinue training, you may freeze any remaining sessions for a period up to 3 months.
- Terms and Conditions: The terms and conditions stated herein will automatically be carried over to your new sessions upon expiry of the current package without the need for a new agreement to be signed and dated.

#### LIABILITY

- You accept that participating in exercise has a risk of causing injury, both minor and potentially major.
- YOU ACCEPT THIS RISK AND ACCEPT FULL RESPONSIBILITY FOR YOUR EXERCISE AND TRAINING
- You, the user, have enrolled in a program of strenuous physical activity including, but not limited to, electro muscle stimulation offered by fitness providers and partners of 20FIT Lifestyle Pty Ltd. You hereby affirm that you are in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program.
- In consideration of your participation in our program you, the user, for yourself, your heirs and assigns, hereby release 20FIT Lifestyle Pty Ltd and all affiliated fitness class providers from any claims, demands and causes of action arising from your participation in the exercise program.
- You fully understand that you may injure yourself as a result of your participation in our exercise program and you, the user, hereby release 20FIT Lifestyle Pty Ltd and affiliated fitness providers from any liability now or in the future including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness, or injury, however caused, occurring during or after your participation in the exercise program.

20FIT Lifestyle Pty Ltd is a mobile personal trainer company in Australia. All our fitness trainers are highly qualified and are the types of trainers who are willing to go above and beyond to be excellent and truly help people reach their fitness and exercise goals. Our goal is cause lifestyle transformation amongst communities.