



DB Personal Training Terms & Conditions

- Personal Training packages will expire 3 months from purchase date if not completed.
- This agreement sets forth the entire understanding of both parties and may not be changed except by written consent of both parties. The terms of this agreement will apply equally to each session and it's understood by both parties that this agreement will remain legally binding.
- A 24 hour cancellation policy applies to scheduled sessions. Sessions cancelled or rearranged less than 24 hours in advance will be charged in full to the client (or taken from the remaining sessions left in the clients monthly block booking). If a session is cancelled within 24 hours by the personal trainer, a complimentary session will be offered. The cancellation policy will be adhered to in all cases.
- Sessions will last 1 hour unless otherwise stated and shall start at the scheduled time. Sessions will not be extended due to lateness of the client or due to interruptions caused by the client. Sessions can be cancelled or rearranged by contacting the personal trainer directly by phone on 07545539159
- Any client who is not at the agreed meeting place within 20 minutes of the agreed scheduled time shall be deemed to have cancelled and charged for the entire session.
- Sessions must be paid for in advance before the sessions commence by standing order, BACS or a cash payment.
- Refunds will not be given due to illness, injury or non-participation.
- Rates and prices can vary at any time at the discretion of DB Personal Training.

Disclaimer:

As with any physical exercise, you assume certain risks to your health and safety. Any form of exercise can cause injuries if the exercises are performed incorrectly, and DB Personal Training is no exception. It is possible that you may become injured doing the exercises during sessions, especially if they are done with poor form. DB Fitness Personal Training will not guarantee results and it is possible that you will not lose fat, gain muscle, or get ab definition with this program. Your results may vary to other clients, and you may not get the same results due to differences in your individual exercise history, genetics, and personal motivation. DB Fitness & Nutrition's head trainer is not a medical doctor or nutritionist. His advice is not meant as a substitute for medical advice. Please consult your doctor before beginning any exercise or nutrition program if you feel unsure if you should be participating in vigorous or strenuous activity.

By reading and signing this disclaimer you are agreeing and understanding the terms and conditions of your personal training sessions.