

Terms and Conditions for Certified Fitness Training Services

1. Definitions

Trainer: Refers to the Certified Fitness Trainer providing services.

Client: Refers to the individual receiving personal training, fitness consultation, or related services.

Services: Includes personal training sessions, group training, consultations, and fitness guidance provided by the Trainer.

2. Health and Safety

1. The Client confirms they are physically and medically fit to participate in exercise programs.

2. The Client agrees to disclose any relevant medical conditions, injuries, or medications before beginning training.

3. The Trainer is not a medical professional and cannot diagnose or treat medical conditions. Clients are advised to seek medical approval before starting a fitness program.

4. The Trainer may refuse or modify exercises if they believe the activity is

unsafe for the Client.

3. Liability Waiver

1. The Client acknowledges that exercise carries inherent risks, including injury, illness, or in rare cases, death.

2. By engaging in Services, the Client voluntarily assumes these risks.

3. The Trainer shall not be liable for any injuries, health issues, or damages resulting from participation, except in

cases of proven negligence or misconduct.

4. Payments and Fees

1. Payment for Services must be made in full before the start of sessions, unless otherwise agreed in writing.

2. All fees are non-refundable, except in cases of Trainer cancellation without rescheduling options.

3. Packages (if offered) must be used within the agreed validity period.

5. Cancellation and Rescheduling

1. Clients must provide at least 24 hours' notice to cancel or reschedule a session.
2. Cancellations made with less than 24 hours' notice will be charged in full.
3. If the Trainer must cancel a session, a makeup session will be offered at no additional cost.

6. Code of Conduct

1. The Client agrees to arrive on time, wear appropriate attire, and follow Trainer instructions for safety.

2. The Trainer agrees to provide professional, respectful, and ethical conduct at all times.

3. Harassment, abuse, or inappropriate behavior from either party will result in immediate termination of Services.

7. Confidentiality

1. Personal information shared by the Client will remain confidential and will not be disclosed without consent, unless required by law.

2. The Trainer may collect and store progress notes or fitness assessments for program development.

8. Results Disclaimer

1. The Trainer does not guarantee specific fitness outcomes, weight loss, or performance improvements.

2. Progress depends on the Client's effort, consistency, nutrition, and lifestyle.

9. Termination of Services

1. The Trainer reserves the right to terminate Services if the Client engages in unsafe behavior, fails to pay fees, or violates these terms.

2. The Client may terminate Services at any time, but refunds will not be provided for unused sessions, unless otherwise agreed.

10. Governing Law

These Terms and Conditions shall be governed by and interpreted in accordance with the laws of Ireland.

Acknowledgement

By purchasing or participating in Services, the Client acknowledges that they have read, understood, and agreed to these Terms and Conditions.