

Personal Training Session Terms & Conditions

Payment

All payments are to be made in advance of any training undertaken.

Session cancellations and rescheduling

If you wish to cancel or reschedule your personal training session, you must contact your trainer or Guardian Defence *at least* 24 hours prior to the commencement of your session. If you fail to do so you will be charged the full fee and your session will be forfeited. Alterations to this policy will be made at the sole discretion of your trainer.

Any time that you wish to reschedule a session you must do so within the fortnight following the original session. Failure to reschedule during this time may lead to forfeiture of the session in question.

Tardiness

Please arrive on time for your personal training sessions. Training sessions will finish at the allocated time even if you arrive late. If you are more than 15 minutes late to a personal training session, your session may be cancelled and you may be charged the full fee. If a trainer is late you will be allocated your full training time.

We encourage you to arrive 10 minutes prior to the commencement of your training session so that you may warm-up. This way you will be ready to begin training immediately.

Refunds and credits

Guardian Defence does not offer refunds or credits. Please ensure you understand your training options prior to making a purchase. If your training needs change after a purchase, please contact us to discuss alternate training options.

Training inclusions

Personal training sessions are 60 minutes, unless otherwise arranged, and are available on an appointment basis only.

I have read the terms and conditions stated above and agree to abide by them:

Full Name (please print)

Signature (or that of parent or legal guardian if the participant is under 18 years of age) Date: / /

Witness (please print)

Witness Signature Date: / /