

Terms and Conditions

Group Personal Training

The Service

Group Personal Training is a programme where you share a Personal Trainer and the cost of training with 1 to 5 other people.

In Group Personal Training you will have a mix of bespoke training i.e. exercises, stretches or training protocols that are just for you and times when the group will work together or follow the same / similar protocols.

How much is bespoke to you and how much is with the group will depend on your goals, exercise history, injuries and medical conditions.

Before starting a Group Personal Training Programme with us you will have a consultation to ascertain your goals for training, your exercise history and to chat through any injuries or medical conditions. After the consultation you will be booked in for 2 assessment sessions. In these sessions we will ascertain how well your body moves and whether it has any restrictions. At the end of these sessions we will book you into your group.

Your Group Personal Training Membership

Your membership is purchased on a contractual basis the cost of which is dependent on contract length.

All cost will be discussed and agreed upon in full at your consultation

All payments are in Pounds (£) Sterling and are made every 4 weeks

Using Your Membership

The group training times are fixed and are at the same times and days each week. There is no crossing into another groups times.

Cancelled / Missed Training Sessions

Your membership is for your contract length. Membership payments continue even if you are unable to make your allotted training session. These sessions are missed and are not accrued or caught up.

Cancelled / Missed Training Sessions By Us

At every point we will endeavor to ensure your training sessions go ahead without incident. This may mean a change of trainer but in the rare occurrences of session cancellation I will refund the value of the training session in accordance with your membership contract.

Membership Payments

At the end of your consultation we will book your assessment session in the diary as well as book you into your group session. I will also set up your membership payments. Payments are taken from your account on a 4 weekly bases in a similar fashion to a direct debit.

Contract length _____ Membership Amount _____

Cooling Off Period

We offer a full 7 day cooling off period where any purchase can be returned, without question. To action this offer, please send an email within 7 days of product purchase to info@keithtucker.co.uk with your contacts details and your refund request.

Contract Renewal

After the cooling off period your contract will run until your due date. Once you have reached the end of your contract you be invited to stay. If you have completed the 12 or 26 week contract you will be given the opportunity to purchase another contract of a similar length or for a year. If you have completed a years contract you will be notified and automatically placed onto a rolling contract where you will be able to cancel with 30 days notice.

I look forward to seeing you round the gym and helping you to achieve the health, fitness or athletic goals.

Consultation Date:

Assessment Dates:

Client Name

Client Signature

Date

Keith Tucker LLP Rep

Signature

Date

Contract start date:

Contract end date: