

Terms and Conditions – Personal Training

The Service

Personal training is a programme conducted one on one where you will be trained privately by a qualified personal trainer.

Before starting a 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 your training sessions into our diaries.

Your Personal Training Membership

Your membership is purchased on a contractual basis and the price of your membership is dependent on the length of your contract.

Personal training costs will be discussed and agreed upon in your consultation.

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

Using Your Membership

You and your trainer will determine the optimum time and days for you to utilize your membership. Generally your training times will be the same times and days each week so that you can plan around them and form a training habit. With 24 hours notice and if times can be found to accommodate we are happy to move appointments wherever possible. Sessions that cannot be moved / rebooked are lost.

Cancelled / Missed Training Sessions

This is a membership programme and your membership rolls for the time allotted in your contract. Membership payments continue even when you are unable to make your allotted training session. We are aware however that life occasionally gets in the way. With 24 hours notice and if times can be found in the diary we are happy to move appointments wherever possible. During periods when you are on holiday we expect you to continue training and will give you a programme to follow.

Cancelled / Missed Training Sessions By Us

At every point we will endeavor to ensure your training session will go ahead without incident. In rare occurrences we may ask you if it is possible to move a session or occasionally we may need to get it covered by another personal trainer. In the incidence of appointment cancellation leaving you unable to use your membership we will refund the value of the training session in accordance with your membership contract.

Membership Payments

At the end of your consultation you will be asked how often you would like to train and for what contract length. Once you have decided, your membership will be set up on our payment system. So please bring the credit or debit card that you wish money to come from with you.

Payments are taken from your account on a 4 weekly bases in a similar fashion to a direct debit.

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 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 that you deserve.

Client Name	Client Signature	Date
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Keith Tucker LLP Rep	Signature	Date
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CREDIT CARDS ACCEPTED FOR PAYMENT

