



Disclaimer

Any person/s who signs up to the services of JM Fitness and Nutrition understand that their participation in exercise programmes, classes or events and any related activity as guided by JM Fitness and Nutrition is voluntary and at their own risk.

All persons should be aware that exercise can be physically stressful and, in certain instances, can even result in injury or cause death.

The levels of exercise that any person performs will be at their own pace, based upon my cardio-respiratory (heart & lung) fitness, muscular strength and endurance.

As a client of JM Fitness and Nutrition state that I will inform the trainer of any symptoms (e.g. fatigue, shortness of breath, chest discomfort, any pain/discomfort/concern for my safety/benefit) during my participation in exercise. If I have high blood pressure, diabetes, a heart condition, an existing injury, recent surgery or if I am taking any prescribed medications that could affect my performance, I will inform Joe prior to participating in any exercise and during the consultation process.

JM Fitness and Nutrition, will not be liable for any injuries or damage arising out of participation of the coaching or personal training process. It is agreed that JM Fitness and Nutrition shall not be responsible or liable in any capacity.

It is a clients responsibility to have read this document in its entirety and understand all within.

Payments for Personal Training Sessions

Packages must be paid in full prior to scheduling of sessions either via bank transfer or Paypal.

Cancellations and Rescheduling

To cancel or reschedule a session, please call 07961250627. When a client schedules a session, a block of time is reserved specifically for that client. Time is valuable for both client and myself. Therefore, 12-hour notice is required to cancel or reschedule a session. Should a 12-hour cancellation or rescheduling notice not be given, that session will be deducted from the client's package of purchased sessions. As a courtesy to my clients and because I appreciate emergencies do occur, discretion will be applied where appropriate.

Cancellations made shorter than the 12-hour cancellation period will still be required to pay for their session in full, if a prior agreement was made to pay in cash.

If for some reason I am not able to fulfil my session with you, a rescheduling process will be applied where another date/time will be agreed accordingly between both parties.

No-Show Policy

Should a client fail to show up for a scheduled session without either cancelling or rescheduling, that session will be deducted from the client's package of purchased sessions.

Refunds

Sorry, there are no refunds for JM Fitness and Nutrition purchases.