



## TERMS & CONDITIONS

The following constitutes the full agreement between you and Common Purpose LTD. The relationship between you (client) and Common Purpose is a partnership. Only through working together can the mutually beneficial goal (your results) be best achieved.

### OUR COMMITMENT TO YOU

- Assess and determine together realistic health and fitness goals
- Design a complete program to achieve your goals that includes nutrition and possibly supplementation.
- Coach you through your program safely and professionally
- Re-assess and re-evaluate

### HEALTH SCREENING POLICY

All Client's must complete a PARQ before commencing any exercise programme. You may be required to provide a letter of 'medical clearance' from your GP.

### FEE CHARGING POLICY

In consideration of the Service, all sessions will be paid according to the session rates charged at the time of booking. Payment for single sessions will be paid for at the beginning of the session. Payment for block bookings will be paid for in advance. Common Purpose reserves the right to change weekly session slots as necessary. All purchased sessions must be completed within 1 Year of purchase or they will be forfeited.

### BANK TRANSFERS

Please speak with Sam Markham or Tiago Ribero for details.

### BOOKINGS

The Client understands that It is the responsibility of you to ensure that the dates and times booked are correct. To cancel a booked session, the Client must notify their trainer either in person or by phone, text or email. In the event of cancellation by a Common Purpose Trainer, we are responsible for notifying the Client of any such cancellation. You may be charged for missed sessions as detailed in the Cancellation Policy below.

### CANCELLATION POLICY

- 24hrs before the booked in session
- By the PT, no charge/loss of session.

### MOVING SESSIONS

You are entitled to move your session to another time within the same week by adhering to the following:

- If you give 24hrs notice ahead of the session in question, there is no fee
- If the session is within the 24hr notice period, you must pay a £20 admin fee
- The session can only be moved once.
- You cannot move your session to the following week or further.
- You cannot cancel a future session, then move the current session to the future cancelled session's place.



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### REFUND POLICY

If you are unable to continue the block of sessions for medical reasons, a refund may be available for unused sessions. The Client must submit a letter from their doctor clearly stating exercise restrictions prior to any refund being given.

### CLUB MEMBERSHIP

By selecting to become a Common Purpose Member you (the client) are entering into a monthly payment scheme and not a direct debit. You are required to provide a valid credit or debit card for us to store via Stripe, within our PTminder booking system.

Common Purpose LTD will aim to run payment on the 1st day of each month.

The session rate changes in lieu of how many sessions you complete within the month.

The minimum number of sessions that you will be charged as part of your membership is 4 sessions within any given month, even if you use fewer sessions.

Common Purpose reserve the right to not carry over unused sessions.

### DECLARATION OF UNDERSTANDING

I, the Client, fully understand and agree to abide by the above rules and regulations.

Before embarking on an exercise programme I have completed the Common Purpose Physical Activity Readiness Questionnaire (PAR-Q) and resulting processes.

I also understand that I should inform Common Purpose of any medical conditions that may not have been covered in the form and that I may be advised to visit my doctor prior to commencing the sessions. I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in the activity and/or use the equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities.

I release Common Purpose LTD, the PT and any other PT's who train me on behalf of Common Purpose from any liability for personal injury or other damage I may sustain whilst engaging in any exercise programme suggested by the Personal Trainer.

I acknowledge receipt of this agreement and confirm acceptance of the terms and conditions herein.