



## General

By agreeing to take part in classes and/or personal training sessions provided by Sarah Brookes – Personal Trainer (also referred to as SB Pilates and SB Classes) you agree to adhere to the following terms and conditions.

- Sarah Brookes accepts no liability for any injury resulting from taking part in classes, boot camps or personal training sessions.
- We recommend you consult your GP prior to beginning any new exercise programme.
- When purchasing any sessions or courses you agree that you have no medical conditions that may affect your ability to train.
- Photographs/video footage may be taken in classes for marketing purposes; if you have objection to this please let us know.

## Class Information

- Sessions run in all weather conditions throughout the year, unless deemed hazardous to do so by Sarah Brookes - make sure you have the correct clothing/footwear for your comfort and personal safety.
- Bring water to keep hydrated regardless of the weather conditions.
- In sunny conditions, please use sunscreen and additional clothing (i.e hat) as appropriate.

## Payment Policy

- Payment for packages and classes must be made in advance or on arrival at the class/session for pay as you go or trial sessions.
- When booking a course, the start date must be specified and will then cover the following 6 weeks unless otherwise agreed. Any unused classes will be forfeited after the 6 weeks (or pre-agreed time period) has finished.
- One holiday session is permitted with any course booking, but this must be notified at least 24 hours before being taken.
- Failure to attend on the agreed dates will result in payment being lost.
- In exceptional circumstances, subject to agreement, payment for a missed session may be transferred to an alternative class within 7 days of the missed session.
- Pay as you Go Classes can be bought in advance – these have a 2 week expiry.
- All personal training sessions, workshops and classes follow a 24 hour cancellation policy.
- In the event of a class being cancelled by Sarah Brookes with less than 24 hours notice you will have the session credited back to you.
- Packages and sessions cannot be transferred to anyone else.