



Sportbillyfitness Personal Training Terms & Conditions

Welcome to Sportbillyfitness!

These Terms & Conditions govern the services provided by Carol Davis, a certified Personal Trainer, to the Client. By booking and attending sessions, the Client agrees to the following terms:

1. Booking & Payment

- All sessions must be booked in advance and paid for prior to the session unless otherwise agreed.
- Payment can be made via bank transfer, PayPal or cash.

2. Cancellation & Rescheduling Policy

- Clients must provide at least 24 hours' notice to cancel or reschedule a session.
- Cancellations made with less than 24 hours notice will be charged in full, and the session will be considered forfeited.

3. Lateness Policy

- If the Client is late, the session will still end at the scheduled time and will not overrun.
- If the Trainer is late, the session will be extended accordingly or rescheduled.

4. Health & Safety

- Clients must inform the Trainer of any medical conditions, injuries, or changes in health prior to each session.
- The Trainer is not liable for any injuries sustained during training if the Client has not disclosed relevant health information.

5. Liability Waiver

- The Client acknowledges that participation in physical exercise involves inherent risks.
- The Trainer is not liable for any injuries or health issues that may arise from participation in training sessions.

6. Confidentiality

- All personal and health information shared with the Trainer will be kept strictly confidential.

7. Agreement

- By participating in personal training sessions, the Client confirms they have read, understood, and agreed to these Terms & Conditions.
- If you have any questions regarding the Terms & Conditions, please do not hesitate to ask.