



## **CLASS TERMS & CONDITIONS**

1. All participants should be medically cleared to take part in physical activity before commencing any exercise programme.
2. All participants must inform the instructor of any injuries/illnesses or medical issues that they may have before class or course commences.
3. All class fees must be paid prior to your course commencing.
4. If you cannot attend a class that you have signed up for, fees cannot be carried forward to the next class/course. Class fees are non-refundable and non-transferable.
5. All participants must arrive on time to class to take part in the warm up. If late, we reserve the right to refuse entry to the class without refund.
6. All participants must treat their fellow trainees and trainers with respect while in the class.
7. Participants should wear the proper attire when attending the classes.

## **WAIVER**

I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, in the outdoors, or assigned training areas, are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death, and I am voluntarily participating in these activities and using equipment and facilities with the knowledge of the dangers involved. I hereby agree to expressly assume and accept all and any risks of injury or death.

I am aware that I have the right to request advice from Bounce Fitness instructors, in relation to the activities and exercise being undertaken with particular regard to my health and clothing. If I choose not to take advice or disregard any advice given, I do so voluntarily and accept liability for all resulting injuries and damage.

I have read the Bounce Fitness terms & conditions and accept the rules and regulations that are outlined above.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_