



Welcome

Congratulations on your decision to participate in an exercise program! With the help of Vicky your personal trainer, you greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits.

In order to maximize the progress you make in your training sessions you are welcome to make use of our facilities at a rate of \$15 per hour. Please present at reception on arrival or pre-book times you wish to attend out of your scheduled PT sessions.

Remember, exercise and healthy eating are EQUALLY important!

Personal Training/ Gym Fees & Packages

Input	Price
Orientation to facilities and PT meet	FREE
Initial Planning and Goal Setting	\$65
One on one session	
30 mins members	\$45
60 mins members	\$60
60 mins one on one packages	
5 sessions	\$300
10 sessions	\$575
30 mins one on one packages	
5 sessions	\$210
10 sessions	\$420
Two on one session	
60 mins	\$40 pp
5 sessions	\$185 pp
10 sessions	\$350 pp
Gym independent use	\$15

Personal Training Terms and Conditions

1. Participation in any assessments and future exercise is voluntary.
2. You are free to deny consent or withdraw consent at any time after consenting.
3. It is your full responsibility to inform your trainer and Back In Action of any difficulties you perceive or experience as well as any changes to your physical and medical condition.
4. You consent to being aware of your own health and physical condition and having knowledge that your participation in this program and fitness testing procedures may be injurious to your health and you are voluntarily participating in Back In Action personal training program. Having such knowledge you thereby release Back In Action Limited it's representatives, agents, employees and successors from liability for accidental injury, illness or death which you may incur as a result of participating in the said program. You hereby assume all risks connected therewith and consent to participate in said program.
5. Back In Action Limited will not accept liability for any damage or loss to a Client's personal property brought into the premises.
6. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.
7. All sessions cancelled within **12 hours** of the start of the session will be charged a cancellation fee of \$20.
8. All cancellations of sessions must be made with reception either in person, by phone or by email
9. Clients who do not attend sessions without informing Back In Action before the start of the session will be charged in full for the session. This is deemed a "no show".
10. The expiration policy requires completion of all personal training package sessions within 6mths from the date of purchase. Personal training package sessions are void after this time period.
11. You are entitled to receive due care and attention from all our staff and trainers and will be given every opportunity to receive the bookings and services you require.
12. All Clients must conduct themselves in a respectful manner whilst using Back In Action facilities. Any Client who acts in an intimidating, abusive, violent or disrespectful manner may be asked to leave the premises, with no recourse for refund of monies already paid.
13. In signing below you agree to all terms and conditions above. These may be altered from time to time by Back In Action Limited. An up to date version will be available at all times on our website. www.getbackinaction.co.nz

Signed (by Member): _____ Date: _____

Name: _____