



## **PERSONAL TRAINING PROMOTION – 10 Pack 1 Hour PT Session + 3 FREE Sessions for \$695**

- This promotion is valid between the dates of 3<sup>rd</sup> March – 23<sup>rd</sup> March
- All C-Life Personal Training Clients must be a member of Canterbury League Club and hold a current C-Life Health Club membership, 10-visit Pass or active Fitness Passport membership.
- Each PT Promotion Pack purchased includes Ten (10) 60-minute Personal Training sessions + 3 FREE Sessions.
- No additional discounts or promotional codes can be used in conjunction with this promotion.
- PT Pack sessions must be used within 6 months of purchase.
- Multiple packs can be purchased across the promotional period with a limit of Two (2) Packs per Member Per Session Type
- All payments/session packages are non-refundable.
- Personal Training Clients can nominate their trainer of choice subject to availability.
- Personal Training Clients are required to agree to the Personal Training Agreement Terms of Service below.

### **PERSONAL TRAINING TERMS & CONDITIONS**

- All payments/session packages are non-refundable.
- Multiple packs can be purchased across the promotional period with a limit of Two (2) Packs per Member Per Session Type
- Notification of cancelled appointments must be made more than 24 hours in advance of the session start time. Failure to do so will incur a cancellation fee equivalent to the full price of the session and/or the loss of that session from your package.
- Emergency cancellations will be treated at the discretion of the personal trainer.
- The session will be deemed to have started at the pre-arranged session time. Any lost time due to late arrival will not be made up at the end of the session.
- In the case of the personal trainer falling ill or being unable to instruct the session, the session will be cancelled and re-arranged.
- A towel to wipe down equipment and a bottle of water to keep hydrated are required for every session. The use of deodorant and good personal hygiene is recommended for the comfort of members and gym staff.

**DISCLAIMER**

- I recognise that the personal trainer is not able to provide me with medical advice regarding my medical fitness and that the information is used as a guideline to the limitations of my ability to exercise safely.
- I agree to inform my trainer of any health conditions or injuries that may have changed or occurred since my last training session.
- I also state that I wish to participate in activities which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury. I hereby confirm that I am voluntarily engaging in an acceptable level of exercise which has been recommended to me.

**I have read and understood the terms and conditions above and agree to abide by them.**

SIGNATURE.....

PRINT NAME..... DATE ...../...../.....