

## **Terms and Conditions**

### **Training Sessions**

- An initial, 30 minute consultation is provided free of charge. This is to discuss your goals, and how we can help you achieve them, it is not a training session.
- Individual training sessions can be paid for in cash at the time of training.
- Blocks of 10 or 20 sessions must be paid for in advance.
- Sessions are non-transferrable, unless previously agreed upon with your trainer.
- Pre-paid sessions are valid for 12 months from date of purchase. Any unused sessions after this date will expire.

### **Cancellation Policy**

Fit State Training has a 24 hour cancellation policy, any sessions cancelled with less than 24 hours notice will be charged a session fee.

Please keep in mind that changing the time or date of your session with less than 24 hours notice may also result in a session fee being charged.

### **Payment**

We accept payment by cash, cheque or BACS transfer. We do not currently accept credit or debit card payment.

### **Refunds**

Refunds on block booking packages will only be available in the following circumstances:

- Injury, or changes in health, resulting in an inability to exercise – A GP letter will be required.
- Moving out of the Brighton and Hove area