

TERMS OF AGREEMENT

I have carefully read the following, and understand the importance, for health and safety reasons, of signing this document:

- 1** I, _____ declare that I intend to use and participate in the activities, facilities, programmes, classes and services ("sessions") offered by my trainer. I assume full responsibility, during and after my participation, for the choices and decisions I make, both during and after my sessions regarding the information and instruction I receive.
- 2** I understand that part of the risk involved in participating in these sessions is to regulate and take care of my physical, mental and emotional well being. I acknowledge that my participation in these sessions attracts responsibilities for my fitness, health and wellbeing.
- 3** Should I experience any form of illness or discomfort, I agree to inform my trainer immediately. I understand that I am free to stop participation in my session at any stage, and shall stop participation, if advised by a trainer to do so.
- 4** I understand that I may ask any questions or request further explanation or information about the activities, facilities, programs, and services offered by the Better Body Shop at any time before, during, or after my participation.
- 5** Should the need arise, I undertake to inform the Better Body Shop of any appointment cancellation at least twenty four (24) hours prior to the agreed time, failing which, I agree to forfeit that session fee.
- 6** I understand that my trainer is not an employee of the Better Body Shop Ltd, but an authorized Contractor, qualified to rent space and services from the Better Body Shop. Any advanced payments to my trainer will be held in a secure bank account. If I am unable to utilize any outstanding sessions, I should contact my trainer for a refund, not the Better Body Shop Ltd.
- 7** In the event that my trainer feels I am unfit or incapacitated to such a degree that to continue training would be injurious to either myself or any other user, I accept that I will be asked to leave the premises.

I declare that I have read, understood, and agree to the contents of this consent agreement in its entirety.

Signature _____

Date _____



SHOP FOR YOUR PERFECT BODY