

# Fitness 4 Life Terms & Conditions

## Refund Policy

If you purchase a Fitness 4 Life Service and cannot finish the sessions due to health issues, you are eligible for a refund for unused sessions minus a \$10 processing fee. This refund is based upon notification from your doctor. If you choose not to continue your Fitness 4 Life Services for issues other than something health related the member may cancel this contract for any reason by giving notice of cancellation within 7 days of receiving a copy of the Personal Training contract. If for some reason the contract needs to be terminated, no money will be refunded unless cancelled within the first 7 days of signing.

Fitness 4 Life does not grant credit or issue refunds for missed classes but will offer make-up sessions dependent on the circumstances of the cancellation. Please see our make-up policy (below) for information on rescheduling a missed class. \*After purchasing a Fitness 4 Life service, you have 24 hours to change your mind and receive a full refund.

## Missed Sessions/Class Make-Up Policy

Clients who cannot attend a scheduled class must cancel their class online no later than 24 hours before the session/class begins. Classes cancelled online will be left in your account to be re-booked as a make-up. Classes . Extenuating circumstances will be considered on an individual per case basis.

By accessing Fitness 4 Life sites, Fitness 4 Life MindBody site or purchasing any Fitness 4 Life services you confirm that you accept the following terms and conditions:

1. It is your responsibility to ensure that you are capable of undergoing the activities in any exercise program, which you follow. You should take medical advice before embarking on any exercise program. All activities are undertaken at your own risk and under your own medical advice. The advice and instructions provided by Fitness 4 Life through a website, correspondence or consultation do not in any way replace, and should not be construed as, medical advice.
2. Fitness 4 Life strongly recommends that you stop exercising and consult your doctor if during any activity you feel pain, dizziness or excessive shortness of breath. Fitness 4 Life cannot be held responsible for any loss or injury incurred during exercise.
3. Fitness 4 Life and its agents, contractors and employees shall not be liable for any claims, demands, damages, rights of action or other causes of action, whether present or future, arising out of or connected in any way to the use of any of the information provided through a website, correspondence or consultation, including, without limitation, in relation to any injuries sustained by you except in so far as it can be proven that the relevant injury relates to the willful act, neglect or default of Fitness 4 Life or any agent, contractor or employee.
4. Fitness 4 Life may communicate with you via electronic mail ('e-mail'). By providing an e-mail address to Fitness 4 Life you consent to receiving e-mail communications from Fitness 4 Life. You also accept that e-mail may not be a secure and confidential means of communication. Fitness 4 Life will not be liable for any loss or damage suffered as a result of communicating with you via e-mail.
5. These terms and conditions may be revoked, altered or added to from time to time by Fitness 4 Life, without prior notification to you. Any such variations will be published on the website of Fitness 4 Life.
6. The website [www.myfitness4life.ca](http://www.myfitness4life.ca) ('website'), all text, photos, imagery and graphics shown on the website and used during correspondence, are protected by copyright and owned by Fitness 4 Life. You may not copy any of the websites content, text, photos, imagery and or graphics other than to print or down load for your own reference in relation to exercise technique and or information. All other rights are reserved. The logos, trademarks, service marks and service formats shown and used on the website are the property of Fitness 4 Life, its licensors and clients. The use of any trademarks, service marks and or service formats is prohibited without the written permission of Fitness 4 Life.

7. Prices are in Canadian dollars and are correct at time of being published and subject to change without prior notice. All services are to be paid for in full, in advance of the session commencing using any one of the payment systems specified on the website. Cancellation of sessions must be made twenty-four hours in advance of the session start time. We will do our best to accommodate your request for re-scheduling under our make-up policy. Notification of cancellation relating to any Direct Debit must be given in writing and received by Fitness 4 Life no less than one month before the cancellation date. Invoices are to be paid to Fitness 4 Life within seven days of receiving notification.