

Fiona's Fitness Terms and Conditions



1. Class and Course descriptions and are set out on Fiona's Fitness website. It is the clients responsibility to check class or course descriptions before clients commit and payment is made.
 - a. All mums are required to be cleared for exercise by their healthcare professional before attending Fiona's Fitness class or programme.
 - b. Classes can only be attended when the attendee is a minimum of 6 weeks postpartum and has had an uncomplicated pregnancy and delivery. Attendees who have had complicated deliveries or lower segment caesareans are recommended to wait 8-12 week postpartum.
 - c. Some classes/ programmes are not suitable for mums under 6 months postpartum. These will be stated on the website.
2. Health Questionnaire. Fiona's Fitness requires all class participants to read and sign the Client Information Questionnaire before their first session. The Client Information Questionnaire must be filled out in full with all health information along with emergency contact information. If attending pre or postnatally this must include all information relating to their birth and pregnancy. If your health changes at any point, or you may suspect you are pregnant, you must inform your instructor as soon as possible and fill out a new health questionnaire.
3. Booking a class or course. All classes can be booked in advance or pay at door and are subject to availability. Courses must be booked in advance. If a space has not been prebooked Fiona's Fitness reserves the right to deny admission onto the class or course. A class or course space is only confirmed when payment has been received by the instructor.
4. Free Trial. Everyone is entitled to book ONE free trial per lifetime except for free sessions won as a competition prize. A free trial can only be rebooked twice upon which the offer of a free trial will be withdrawn and fees will become applicable.
5. Class Fees & payment methods are set out on Fiona's Fitness website and/or online shop. Class and Course prices are subject to price change. Prices will not change mid-course and notice of a price increase for pay and go sessions will be given. Class and course fees are payable prior to the class or course starting.
6. Cancelling or Rescheduling. Fees for missed classes will not be refunded or carried over to subsequent sessions however, if the client gives notice of at least 48 hours of non-attendance prior to the class starting an alternate class of the same value can be attended. Pay as you go sessions, courses and fixed dates programmes are non-refundable.
 - a. Outdoor classes or programmes go ahead in most weather conditions, including sunshine and rain and refunds are not issued. In the case of extreme weather, or the instructor deeming it too unsafe to carry out the class for any reason (including weather conditions) the class will be cancelled, and you will be notified in advance

of the scheduled start time, in this instance refund or alternative session will be offered.

7. Payment options are available at the Fiona's Fitness online store or in person via cash or card prior to the session starting and are subject to availability.
8. Buy 5 classes get 10% off is available on any 5 singular classes booked (this excludes courses). This offer is only available when paying online through the Fiona's Fitness online store and may be withdrawn at any time.
9. Children's safety. Fiona's Fitness is committed to safeguarding you and your children but does not accept responsibility for any incident or injury involving your child during the class or course. Your child will remain your sole responsibility and you must ensure the safety of your child at all times.
10. Fiona's Fitness may run promotional offers. These offers are for new clients only and existing clients will not be eligible for those discounts unless clearly stated otherwise.
11. All attendees are expected to wear appropriate workout attire for all classes in particular suitable footwear. Failure to do so may result in you being asked to leave the class or course.
12. Fiona's Fitness reserve the right to request discharge documentation from your health professional in the event they are concerned about your ability to exercise.
13. Any person found to be acting in an abusive or threatening manner towards either instructors or other attendees will be removed permanently from all classes without refund.
14. In the event an instructor must cancel a class attendees may swap their session to another class or receive a full refund for the cancelled class.