

Terms and Conditions

WELCOME TO THE AIMFIT STUDIO. AIMEE IS A PERSONAL TRAINER AND RUNS NUTRITION AND ONLINE COACHING SERVICES. THE AIM OF THIS SERVICE IS TO EDUCATE YOU FOR YOUR OWN BODY THROUGH FITNESS, RECOVERY AND NUTRITION. IT IS DEEPLY IMPORTANT ALL CLIENTS READ THE TERMS AND CONDITIONS BELOW TO ENSURE YOU HAVE A POSITIVE EXPERIENCE. EACH SERVICE HAS ITS OWN TERMS AND CONDITIONS PLEASE READ THROUGH BEFORE PURCHASING TO ENSURE YOUR JOURNEY RUNS SMOOTHLY AND SAFELY.

General Data Protection Regulation

DUE TO NEW DATA PROTECTION LAWS WHEN YOU FINISH A PACKAGE UNLESS YOU CONFIRM TO ME YOU WILL BE CONTINUING, I WILL ONLY KEEP YOUR DATA (GOALS, MEASUREMENTS, T&C'S ETC) FOR NO LONGER THAN 4 WEEKS AFTER YOUR LAST SESSION. IT IS YOUR RESPONSIBILITY TO ASK IF YOU WOULD LIKE TO KEEP/SEE DATA.

Refunds/Cancellations

- IF, DUE TO MEDICAL REASONS YOU ARE UNABLE TO CONTINUE WITH PERSONAL TRAINING AND NUTRITION SERVICES PREVIOUSLY PAID FOR, A REFUND FOR ANY UNUSED SESSIONS MAY BE AVAILABLE UPON SUBMISSION OF A LETTER FROM YOUR DOCTOR.
- THE BLOCK SYSTEM ALLOWS YOU TO BOOK REALISTICALLY. IF YOU DO NOT COMPLETE ALL SESSIONS YOU WILL NOT RECEIVE A REFUND ON ANY UNUSED.
- IF AIMEE NEEDS TO CANCEL A SESSION FOR ANY REASON WITHIN 12 HRS OR LESS OF THE SESSION, AIMEE WILL PROVIDE YOU WITH ANOTHER TIME WE CAN COMPLETE THE SESSION WITHIN THAT WEEK OR POSTPONE TO YOUR NEXT BLOCK. IF THIS HAPPENS AIMEE CAN ALSO PROVIDE YOU WITH A WORKOUT FOR YOU TO STILL GO AHEAD AND COMPLETE IF APPROPRIATE. PLEASE ASK FOR THIS UPON CANCELLATION. CONSISTENCY IS KEY!
- IF THE CLIENT NEEDS TO CANCEL A SESSION (PT OR NUTRITION) ANY LESS THAN 24 HOURS, THE SESSION MAY BE FORFEITED. CANCELLATIONS MUST BE MADE DIRECTLY ON 07547127987.
- IF YOU ARE ILL, PLEASE DO NOT SHOW UP TO YOUR SESSION. REST SHOULD BE A PRIORITY.

IF GYMS HAVE TO CLOSE AND WE CANNOT COMPLETE SESSIONS FACE TO FACE, DUE TO COVID I WILL BEGIN TO TRAIN ON SKYPE. PLEASE DO NOT PURCHASE SESSIONS IF THIS ALTERNATIVE DOES NOT SUIT YOU AS A REFUND WILL NOT BE AN OPTION. TRAINING OUTSIDE MAY ALSO BE AN OPTION IF RESTRICTIONS DO NOT LIMIT US. CANCELLATION POLICY STILL APPLIES.

Personal Training Services

- BLOCKS OF 4 SESSIONS (£50 PER HOUR)
- BLOCKS OF 6 (£45 PER HOUR)
- BLOCKS OF 8 (£42.50)
- DUO SESSIONS (£60 PER HOUR)
- STUDENT (£40)

Personal Training Client Obligations

- *I UNDERSTAND BY TAKING PART I WILL NEED TO FILL OUT A PAR-Q TO ENSURE I AM SAFE TO EXERCISE AND IMMEDIATELY COMMUNICATE IF ANYTHING CHANGES IN MY MEDICAL HISTORY WITH AIMEE AND MY GP TO ENSURE I CAN CONTINUE.*
- *I UNDERSTAND I SHOULD COME APPROPRIATELY DRESSED, AVOID LOOSE HANGING JEWELLERY AND BRING WATER TO STAY HYDRATED.*
- *I UNDERSTAND IF I EXPERIENCE ANY PAIN OF DISCOMFORT DURING A SESSION I SHOULD COMMUNICATE IMMEDIATELY. DO NOT DELAY SEEKING OR DISREGARD ANY UNUSUAL PAINS, FEELINGS AND MEDICAL RELATED PROBLEMS.*
- *I UNDERSTAND THAT NO EXERCISE PROGRAMME COMES WITHOUT NATURAL RISK AND AIMEE CANNOT GUARANTEE MY PERSONAL SAFETY, BUT WILL ACHIEVE THIS TO THE BEST OF HER ABILITY AND HER KNOWLEDGE.*
- *I UNDERSTAND THAT THE EXERCISES CAN BE STRENUOUS AND SHOULD BE SCALED OR DONE IN MODERATION. THERE IS AN INHERENT RISK IN ANY EXERCISE THAT, WHILE PROVIDING HEALTH BENEFITS, IT CAN ALSO CAUSE UNKNOWN HEALTH ISSUES.*
- *I UNDERSTAND ALONGSIDE RISKS THERE IS ALSO IMMENSE BENEFITS OF EXERCISE TO GENERAL HEALTH AND WELL-BEING.*
- *I UNDERSTAND I SHOULD VOICE PROMPTLY ANY UNUSUAL FEELINGS (E.G., CHEST DISCOMFORT, NAUSEA, DIFFICULTY BREATHING, AND APPARENT INJURY) AND STOP IF NEEDED.*
- *I ACKNOWLEDGE THAT MY PARTICIPATION IS COMPLETELY VOLUNTARY AND THAT I MAY WITHDRAW MY PARTICIPATION AT ANY TIME (THE SESSION PAYMENT WILL STILL GO AHEAD).*
- *I AS THE CLIENT, GIVE CONSENT TO APPROPRIATE PHYSICAL CONTACT THAT MAY BE NECESSARY TO ENSURE CORRECT TECHNIQUE AND FORM IS APPROACHED.*

- I UNDERSTAND IF I AM LATE MY SESSION WILL STILL GO AHEAD AND FINISH AT THE ORIGINAL TIME, IT IS UP TO THE CLIENT IF THEY STILL WANT TO ATTEND WITH A REDUCED TIME.
- I UNDERSTAND IF AIMEE IS LATE SHE WILL GIVE ME THE CHOICE TO MAKE UP THE TIME ELSEWHERE.
- I UNDERSTAND THAT TIMEFRAMES HAVE BEEN PUT IN PLACE FOR BOTH PACKAGES AND BLOCKS TO ENSURE THE CLIENT CONTINUES TO PUSH TOWARDS THEIR GOAL FOR MAXIMUM BENEFIT.
- I UNDERSTAND THAT AIMEE WILL WILL ACCEPT AN EXTENSION OF 1 WEEK TO BLOCKS OF 6-8 SESSION BOUGHT OVER A MONTH DUE TO ILLNESS, INJURY, OR UNEXPECTED TRAVEL DELAY.
- I UNDERSTAND BY PURCHASING 1 SESSION OR LESS A WEEK YOU WILL NOT BE ELIGIBLE FOR A 1 WEEK EXTENSION.
- FOR EXAMPLE, IF THE CLIENT CHOSSES TO PURCHASE 8 SESSIONS (2 SESSIONS A WEEK) IN A MONTH OF 4 WEEKS, THEY WILL BE ABLE TO CARRY OVER 2 SESSIONS WITH A 1-WEEK EXTENSION.
- I UNDERSTAND THE BLOCK SYSTEM IS THE SAME FOR STUDENTS AND DUO SESSION.
- I UNDERSTAND IF PURCHASING IN A DUO PACKAGE IF 1 CANCELS THE OTHER IS STILL OBLIGED TO ATTEND.
- I UNDERSTAND THE POLICY ON REFUNDS AND CANCELLATIONS.

Nutrition Coaching

IF YOUR PACKAGE INCLUDES A FOOD PLAN/ADVICE PLEASE NOTE THE FOLLOWING. YOU WILL BE ASKED TO DISCUSS YOUR RELATIONSHIP WITH FOOD AND ANY MEDICAL CONDITIONS, INTOLERANCES, DIETARY REQUIREMENTS, PREFERENCES AND ANY ALLERGIES. ALL FOOD GUIDES ARE SAFELY STRUCTURED BASED ON RESEARCH AND KNOWLEDGE LEARNT THROUGH TRUSTWORTHY EDUCATION SOURCES (FUTURE FIT).

- PLEASE NOTE YOU WILL BE ASKED TO DISCUSS ALL OF THE ABOVE TO RULE OUT ANYTHING THAT MAY NEED SPECIALIST ADVICE. I AM HERE TO HELP AND GUIDE YOU TO HELP ACHIEVE YOUR GOAL NOT DIAGNOSE. PLEASE SEE BELOW FOR ANY CONDITIONS AIMFIT CANNOT WORK ALONGSIDE BUT WILL GUIDE YOU TO SEE SOMEONE WHO CAN:

- EATING DISORDERS (PAST OR PRESENT)
- CROHN'S DISEASE
- CELIAC DISEASE
- DIABETES

Nutrition Coaching Client Obligations

- *I UNDERSTAND THESE SERVICES ARE NOT A SUBSTITUTE FOR MEDICAL CARE.*
- *I UNDERSTAND THAT AIMFIT (NOT A MEDICAL PHYSICIAN OR DIETICIAN) DOES NOT DISPENSE MEDICAL ADVICE, NOR WILL THEY DIAGNOSE OR TREAT ANY MEDICAL CONDITION.*
- *I UNDERSTAND ANY NOTES THAT WILL BE TAKEN WILL BE DESTROYED AFTER I FINISH MY COURSE UNLESS I ASK FOR THEM TO KEEP.*
- *IN ORDER TO BENEFIT FROM NUTRITION COACHING, I REALISE THAT IT IS IMPORTANT FOR ME TO INFORM MY COACH OF ANY CHANGES I MAKE IN THE APPLICATION OF MY DIET.*
- *I UNDERSTAND IT IS MY RESPONSIBILITY TO REPORT ANY SIDE EFFECTS OR PROBLEMS IMMEDIATELY AND TO MAKE THE NECESSARY ADJUSTMENTS TO MY TREATMENT PLAN WITH AIMFIT.*
- *I WILL NOT HOLD AIMFIT RESPONSIBLE FOR ANY COMPLICATIONS THAT RESULT FROM MY FAILURE TO COMPLY WITH EITHER OF THE ABOVE.*
- *I UNDERSTAND AIMFIT CANNOT DELIVER A REFUND AFTER PAYMENT NOR CAN I CHOOSE MID-COURSE TO CANCEL MY COURSE DURATION. I CAN ONLY RECEIVE A REFUND IF A MEDICAL NOTE IS DISPLAYED.*
- *I UNDERSTAND IF I NEED TO MAKE A CANCELLATION OF OUR WEEKLY SESSION THIS NEEDS TO BE DONE WITH NO LESS THAN 24 HOURS NOTICE.*
- *I UNDERSTAND IF I CANNOT ATTEND FACE TO FACE SESSION, I AM EXPECTED TO CONSIDER A DIFFERENT FORM OF CONTACT (PHONE, SKYPE, OR FACETIME) OR CHARGES MAY APPLY.*
- *I UNDERSTAND I AM RESPONSIBLE FOR CARRYING OUT THE ADVICE I AM GIVEN AND I HAVE TO BE ACCOUNTABLE FOR ACHIEVING MY GOALS.*
- *I AGREE TO HOLD AIMFIT HARMLESS FOR CLAIMS OR DAMAGES IN CONNECTION WITH OUR WORK TOGETHER.*
- *THIS IS A CONTRACT BETWEEN MYSELF AND AIMEE AND I UNDERSTAND THAT IT IS ALSO A RELEASE OF POTENTIAL LIABILITY. AIMEE CANNOT BE HELD RESPONSIBLE FOR ANY CONDITIONS YOU COME ACROSS DURING OR AFTER YOU COMPLETE YOUR PLANS; THIS IS WHY IT IS IMPORTANT I ALLOW AIMFIT TO COLLECT ALL INFORMATION AT THE VERY START SO THE PROCESS RUNS SMOOTHLY. ALL PLANS ARE ESTABLISHED TO BENEFIT OPTIMAL HEALTH*

- *I UNDERTSAND PACKAGES ARE PLANNED WITH SAFE AND CAUTIOUS STRUCTURE AND THE AIM IS FOR IT TO HELP FUEL YOUR BODY TO ACHIEVE YOUR FITNESS OR PHYSICAL GOAL AND ACHIEVE OPTIMAL HEALTH THROUGHOUT THE JOURNEY.*
- *I UNDERSTAND BY HIRING THE SERVICES OF AIMEE THE APPOINTMENT WILL PROVIDE INFORMATION AND GUIDANCE ABOUT HEALTH FACTORS WITHIN YOUR OWN CONTROL: DIET, NUTRITION, AND LIFESTYLE IN ORDER TO AIM, TO IMPROVE AND BENEFIT OVERALL HEALTH AND HELP ACHIEVE YOUR GOAL.*
- *I UNDERSTAND NUTRITION COACHING IS NOT A SUBSTITUTE FOR THE DIAGNOSIS, TREATMENT, OR CARE OF DISEASE BY A MEDICAL PROVIDER, BUT WILL PROVIDE NUTRITIONAL SUPPORT AND NUTRITION EDUCATION FOR EATING PREFERENCES, PRE- AND POST-NATAL AND GOAL RELATED INFORMATION.*
- *I UNDERSTAND THAT IT IS ADVISED TO SEEK GP'S ADVICE BEFORE STARTING A NUTRITION OR FITNESS PLAN IF YOU FEEL YOU ARE UNSURE IF YOU SUFFER FROM ANY UNDERLYING HEALTH CONDITIONS AS AIMEE CANNOT TAKE RESPONSIBILITY FOR THIS ONCE YOU BEGIN ANY PLAN. ALL PLANS ARE CREATED TO ACHIEVE OPTIMAL HEALTH.*
- *I UNDERSTAND THE AIM OF THIS PLAN IS TO ENSURE OPTIMAL HEALTH AND ACHIEVE FITNESS AND LIFESTYLE GOALS, PROVIDING THE CLIENT CO-OPERATES WITH ALL ASPECTS OF THE PLAN.*
- *I UNDERSTAND THERE WILL BE NO EXTENSIONS TO 1-2-1 NUTRITION SESSIONS DUE TO THE MULTIPLE WAYS WE CAN COMPLETE THE SESSIONS AND HAVING CHECK INS EACH WEEK ALLOW YOU TO ACHIEVE MAXIMAL RESULTS.*
- *I UNDERSTAND CANNOT DELAY NUTRITION SESSIONS DUE TO HOLIDAYS SO PLEASE ENSURE YOU EXPLAIN ANY BARRIERS BEFORE STARTING.*
- *I UNDERSTAND NUTRITION COACHING PROVIDES EDUCATION TO ENHANCE YOUR KNOWLEDGE OF HEALTH AS IT RELATES TO FOODS, DIETARY SUPPLEMENTS, AND BEHAVIOURS ASSOCIATED WITH EATING. WHILE NUTRITIONAL SUPPORT CAN BE AN IMPORTANT COMPLIMENT TO MY MEDICAL CARE.*
- *I UNDERSTAND AIMEE MY NEED TO RECORD PROGRESSIONS LIKE WEIGHT, BODY COMPOSITION MEASUREMENTS ETC AND THIS WILL BE DESTROYED WHEN THE COURSE IS COMPLETE.*