

RB Fitness – Personal Training Terms & Conditions

1. About RB Fitness

RB Fitness is operated by a sole trader personal trainer (“RB Fitness”, “I”, “me”, “my”), providing 1-to-1 and small group personal training services within the United Kingdom.

By booking and attending sessions, you (“the client”) agree to the following Terms & Conditions.

2. Services Provided

RB Fitness provides:

- 1-to-1 personal training sessions
- Small group training sessions
- General fitness guidance and programming

All sessions take place at designated training facilities, including the PT Pod booked via Gym Pod UK.

3. Bookings & Payments

- All sessions must be booked in advance via: www.gympoduk.com or the Gympod UK app.
- Payment is required either:
 - Per individual session, or
 - As part of a pre-paid package
- Sessions are not confirmed until payment has been received.

Package sessions:

- Must be used within an agreed timeframe
 - Are non-transferable unless agreed in writing
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4. Cancellation Policy

- A minimum of **24 hours’ notice** is required to cancel or reschedule a session.
- Cancellations made with less than 24 hours’ notice will be **charged in full**.

- Failure to attend a session (“no-show”) will result in loss of that session with no refund.
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5. Client Responsibilities

By participating in training, you confirm that:

- You are in good physical condition and capable of exercise
- You will inform RB Fitness of any injuries, medical conditions, or changes in health
- You will follow all instructions given during sessions

RB Fitness is not responsible for injuries resulting from:

- Failure to disclose medical conditions
 - Misuse of equipment
 - Failure to follow instruction
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6. Age Requirements

- Clients must be **18 years or older**, or
 - **16–17 years old with a parent or guardian present**
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7. Health & Safety Policy

RB Fitness is committed to maintaining a safe training environment.

Trainer Responsibilities:

- Provide safe and appropriate exercise instruction
- Ensure equipment is used correctly
- Maintain a clean and hazard-free training space where possible

Client Responsibilities:

- Arrive fit to train and free from illness or injury that may affect performance
- Wear appropriate clothing and footwear
- Follow all safety instructions at all times
- Immediately report any pain, discomfort, or injury

RB Fitness reserves the right to stop any session if:

- There is a risk to the client's health or safety
 - Instructions are not being followed
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8. Liability Waiver

By participating in personal training sessions, you acknowledge:

- Exercise carries inherent risks, including injury, illness, or in rare cases, death
- You voluntarily participate in all sessions at your own risk

To the fullest extent permitted by UK law, RB Fitness shall not be held liable for:

- Injuries sustained during or after sessions
- Loss or damage to personal property
- Any indirect or consequential loss

Nothing in these Terms excludes liability for:

- Death or personal injury caused by negligence
 - Any liability that cannot be excluded under UK law
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9. Results Disclaimer

RB Fitness makes no guarantees regarding:

- Weight loss
- Muscle gain
- Performance improvements

Results depend on individual effort, consistency, lifestyle, and external factors beyond control.

10. Photography & Social Media

By participating in sessions, you agree that:

- Photos and videos may be taken during training
- Your image and/or name may be used for marketing purposes on RB Fitness platforms (e.g. social media, website)

If you do not wish to be featured, you must inform RB Fitness in writing.

11. Privacy Policy

RB Fitness collects and processes personal data in accordance with UK GDPR.

Data Collected May Include:

- Name and contact details
- Health and fitness information
- Booking and payment details

Purpose of Data Use:

- To deliver personal training services
- To manage bookings and payments
- To communicate with clients

Data Protection:

- Your data will be stored securely
- Your data will not be shared with third parties without consent, unless required by law

Your Rights:

You have the right to:

- Access your personal data
- Request correction or deletion
- Withdraw consent at any time

Requests can be made directly to RB Fitness.

12. Termination of Services

RB Fitness reserves the right to:

- Refuse or terminate services at any time due to inappropriate behaviour, safety concerns, or breach of these Terms

Clients may stop training at any time, however:

- No refunds will be given for unused sessions unless agreed in exceptional circumstances
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13. Changes to Terms

RB Fitness reserves the right to update these Terms & Conditions at any time. Clients will be notified of any significant changes.

14. Governing Law

These Terms & Conditions are governed by the laws of England and Wales.

15. Acceptance of Terms

By booking and attending a session, you confirm that you have read, understood, and agreed to these Terms & Conditions.

RB Fitness

Personal Training Services – United Kingdom