



# Savage Fitness – Terms & Conditions & Cancellation Policy

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## 1. What We Offer

Service Type	Description
 Personal Training	1-to-1 in-person sessions tailored to your goals
 Online Coaching	Custom training & nutrition plans, weekly check-ins, full accountability
 App Support	Progress tracking, messaging, resources & habit building tools

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## 2. Client Responsibilities

- Be honest and upfront about your health, lifestyle, and goals
  - Show up (physically or virtually) ready to work!
  - Follow your plan to the best of your ability
  - Let us know of any injuries or major life changes
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## 3. Health & Safety Disclaimer

Our coaching is not a substitute for medical advice. Always check with your GP before starting any fitness program. You train at your own risk.

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## 4. Payments & Subscriptions

- All payments must be made **before services begin**
  - Online coaching is billed monthly or in fixed blocks (e.g. 12 weeks)
  - Failure to pay may result in service suspension
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## 5. Cancellations & Refunds

### In-Person PT Sessions

Policy	Details
Cancel / Reschedule	Give <b>24 hours' notice</b> to reschedule without penalty
Late Cancellation	Less than 24 hours = session is forfeited
No Show	Missed session = lost session
Emergency?	We're human. Get in touch — we'll use common sense 



## Online Coaching

Plan Type	Cancellation Policy
Rolling Monthly	Cancel anytime with <b>7 days' notice</b> before next billing
12-Week/Fixed Plans	No refunds for early termination — full commitment required <sup>100</sup>
Pauses	May be allowed for illness, injury, travel (case-by-case basis)
Client Inactivity	Lack of check-ins doesn't qualify for a refund — it's on you! 🧠

## Refunds

- We **do not offer refunds** unless legally required or under exceptional circumstances
- All refund decisions are made at our discretion

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## 6. Service Termination

We reserve the right to end the coaching relationship if:

- You're abusive or threatening
  - You repeatedly fail to engage
  - You breach these terms
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PERSONAL  
TRAINING



ONLINE  
COACHING

## 7. Get in Touch

-  Website [www.savagefitnesspt.co.uk](http://www.savagefitnesspt.co.uk)
  -  Email [ryan@savagefitnesspt.co.uk](mailto:ryan@savagefitnesspt.co.uk)
  -  Instagram [@savagefitnesspt](https://www.instagram.com/savagefitnesspt)
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 **By starting your coaching or training with Savage Fitness, you agree to these terms.**