

Terms & Conditions

Sarah Brookes Personal Training

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1. Sessions will be for one hour, unless otherwise agreed, if you are late for a session this time will be deducted from your session. If I am late for a session, this time will be made up at a mutually convenient time, but not necessarily during that specific session.
2. Every effort will be made to offer regular session times should these be required, but this cannot be guaranteed.
3. Payment. - Payment is due in advance of regular sessions. If you are training on this basis, payment will due monthly on the 1st of each calendar month. An invoice will be given to you on your last session of the previous month. For ad hoc training, payment will be due on the day. Cheques should be made payable to Sarah Brookes.
4. Your session fees include the one hour training session plus email and/or phone support between sessions.
5. Changes to session times. For regular clients, please give me 24 hours notice if you need to re-schedule a session. Re-arrangement will only be offered for up to one session per calendar month. Any extra changes will result in you losing those sessions. If less than 24 hours notice is given of cancellation then you will forfeit that session. No further sessions will be offered until this payment is made.
6. You will be required to keep me (Sarah Brookes) informed on any changes to your medical condition that may affect your exercise programme and of any changes to your address or contact numbers.
7. Correct footwear will be required at all sessions.

I have read, understood and agreed to the conditions listed above.

NAME:

SIGNED:

DATE:

