

Terms & Conditions

Course Bookings and Private tuition bookings

1. All courses purchased as a package must be used within the period defined at time of purchase, sessions that are part of a course which maybe unused for whatever reason will not be refunded or time extended.

All private tuition packages require at least 1x week 1hour contact face to face to ensure results and progress against plan.

2. A 'regular' appointment time will be given for customers who commit to a private tuition package (when possible) but are not guaranteed.

3. Individual places on group based Course bookings cannot be used by anyone other than you.

Private tuition courses are purchased on a 1-2-1 basis, no other person shall be permitted to share your course booking unless otherwise agreed at the time of booking.

4. We recommend you arrive at least 5 minutes before the scheduled course time. If you are late for a session, the session will still end at the scheduled time.

Partner sessions: Both clients must be present at the beginning of the session. If one client is late, both clients will be considered late. Partner sessions will not start until both clients are present.

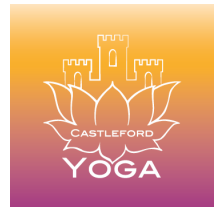
5. If your Teacher is late for a session, time will be added onto the end of the session if possible, or onto a future session.

Cancellation of Course bookings and Private tuition bookings

6. In the case of a course cancellation initiated by Castleford-yoga, participants will be offered a full refund.

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**Occasionally circumstances will arise which result in the need to cancel, reschedule or postpone an event, due to an unforeseen occurrence or act of God. When this is the case Castleford-yoga shall assume no liability.*



To cancel a place on Castleford-yoga events and courses, notice of cancellation must be given by email to marie@mpower-fitness.co.uk

- If you cancel at least 30 days prior to the start of the course you will receive a full refund minus a 10% administration fee.
- If you cancel between 30 and 14 days prior to the start of the course you will receive a 50% refund.
- If you cancel less than 14 days before the event/ course start you will not be entitled to a refund.

Refunds will not be given due to non participation once the course has commenced. Courses and packages are non-transferable.

By buying a course or private sessions, you confirm that you understand this commitment.

Castleford-yoga and Mpower-fitness are committed to your success and expects the same of you.

Please be sure of your commitment, as there are no refunds.

Private clients/ 1 to 1 sessions:

We reserve the right to cancel this contract if we feel that lack commitment of the client is prohibiting the client from making progress towards their goals. For the avoidance of doubt, minimum commitment levels are the participation of at least one session per week face to face to keep progressing.

The only exceptions are holidays where you are required to let us know well in advance (i.e. 4 weeks notice). It is at our discretion whether we will move any private one to one sessions that fall into that time.

The longer the notice period the more likely we will be able to work around your holiday arrangements. Ideally you will confirm your planned holidays at the time of booking.

Once a purchase of a course package or service from Castleford-yoga or Mpower-fitness is made there will be no refunds allowed. Make Progress...Not Excuses

Castleford-yoga and Mpower-fitness understand that emergencies happen, please inform us as early as possible in the event of non attendance. As our client, we hope that you understand that our schedules are very tight and as they say, "time is money."

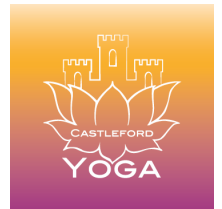
Payment

7. All payments must be made in advance to complete the booking; failure to do so will result in the place being give to someone else or for private packages the booking not going ahead.

8. Paying by Paypal, a 3% fee is payable on any transaction, (Paypal fee).

Cancellation of session by the Teacher

9. If for any reason your teacher needs to a cancel a session you will receive one complimentary session to the equivalent of your booked course option.



Booking an appointment

10. Contactable hours: To arrange an appointment, or for any other query, please contact your teacher directly between the following hours 9.30am to 5pm Monday- Friday and 10am to 1pm on Saturday.

During your course/ session

11. Suitable clothing must be worn at all times. For hygiene reasons we ask that all footwear is clean and a towel is brought with you if the appointment is in the gym. You are responsible to provide your own mat.

12. Coats, bags and other outer clothing are not permitted within the practice areas- please bring minimal amount of bags and store them out of the way.

13. Mobile phones and electronic devices are not permitted during courses and must be kept switched off- except in extreme circumstances, in this case, please inform your teacher at the beginning of the session.

14. We have a strict no alcohol policy; if your teacher feels you are under the influence of alcohol or drugs you will not be permitted to carry on with the session and you will be charged full price.

15. If use any lockers and changing rooms within the facility you are training at, you do so at your own risk. 'Castleford-yoga and Mpower-fitness' cannot be held liable for any theft or damage caused.

16. It is sometimes necessary for a trainer to physically touch a participant/ client to attain the proper form for an exercise or during an assessment. You hereby consent to such appropriate physical contact.

17. It is a matter for clients to be satisfied about their medical and physical condition and to adopt the recommendations suggested by any of the Castleford-yoga and Mpower-fitness teachers. Notwithstanding a users medical or physical condition, no responsibility or liability is accepted for any loss or damage caused or suffered by any person as a result of adopting the recommendations.

Disclaimer

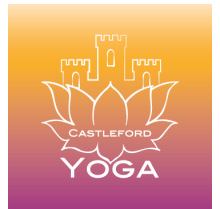
I (you the client) understand that exercise (yoga etc.), diet and holistic lifestyle coaching is not intended as diagnosis, prescription, treatment or cure for any disease and is not intended as a substitute for regular medical care. I hereby indemnify Castleford-yoga and Mpower-fitness and its operators, agents, employees, consultants and advisors against any claim, cost, damages in respect of any action brought by me or by my personal

Mpower-fitness.co.uk/ Castleford-yoga.co.uk

Overview Studios, Green Street, Aire & Calder Industrial Park, Castleford, WF10 2JA

Email: marie@mpower-fitness.co.uk

Phone: 01977730055



representatives in respect of the use of equipment or participation in physical exercise at the studio, or recommendations made by any member of Castleford-yoga or Mpower-fitness.

You confirm that you do not have any health condition that strenuous exercise could make worse.

You understand that our trainers are not medically trained to monitor your health during exercise.

You agree to contact your doctor for any questions your ability to exercise safely.

Personal programs are for your recreational use only.

If you have read, understood and agree to all the terms and conditions please sign and return 1 copy before booking your private tuition.

These terms apply to any course booking individual participant of group sessions or private tuition, whether they have been signed or not. By completing the PARQ – Health screen form you agree to the terms in this document.

Client No. 1

Client No. 2 (if applicable)

Name (Printed) _____

Name (Printed) _____

House Name/
No _____

House Name /
No _____

Street _____

Street _____

City _____

City _____

Postcode _____

Postcode _____

Phone _____

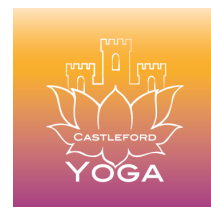
Phone _____

Mpower-fitness.co.uk/ Castleford-yoga.co.uk

Overview Studios, Green Street, Aire & Calder Industrial Park, Castleford, WF10 2JA

Email: marie@mpower-fitness.co.uk

Phone: 01977730055



Mobile _____

Mobile _____

Emergency Contact
Name _____

Emergency Contact
Name _____

E.C. Number _____

E.C. Number _____

Signed _____

Signed _____

Date / /

Date / /