



**BLITZFIT**  
AUSTRALIA

CHERMSIDE/ASPLEY

GET FIT • STAY FIT

# PERSONAL TRAINING

## *Terms & Conditions*

### Blitzfit's Guarantee To You

At Blitzfit Australia, we pride ourselves on providing the absolute best level of service and training experience, every single time you train with us.

We are 100% committed to providing you with the motivation, support and results you want and we understand that your desire to improve is of paramount importance and a top priority in your life. Therefore, we have created a very strict cancellation policy. This policy will help you stay committed to your program and it also protects our peak times where demand for those timeslots is high.

When you book a session with us, we guarantee that spot for you and for you alone. If you would like a timeslot that is already taken, you can opt-in to go on our waiting list and you will be contacted 48 hours prior if the time becomes available.

### The Blitzfit No-Show Policy

#### It's a 2-Way Street

If for some reason you do not turn up for your session, you will be billed for the full fee.

On the flip side, if WE do not turn up for your session, then of course you will not be billed for that session. And in addition to this, to let you know we have your best interests at heart and to apologise, we will ensure your next workout is absolutely FREE.

### The Blitzfit Cancellation Policy

The cancellation policy is as follows:

- A no-show or cancellation within 48 hours before you session will incur a full fee payment. If this happens, we still would like you to train so we will spend the session time we allocated for you, to write you a home workout to complete when you can. For "ongoing PT" clients who have access to our training app, this workout will be sent to you via the app. For "one-off PT" sessions or if you do not have the app, we will send this to you via text or email (your choice).
- A cancellation outside of the 48 hours will incur no fee, however we will schedule a make-up session in another timeslot.

*\*obviously in exceptional circumstances these fees may be waived.*

Please be aware that our commitment to you is solid and we would hope that your commitment to our policy, respect of our time and efforts in planning and preparing your program would be the same.

Now that all the heavy stuff is taken care of, let's get you pumped and ready to train!

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## *Ongoing/One-Off Sessions*

### Ongoing Vs One-Off PT Sessions

#### One-Off Sessions

One-off sessions are available for those times you'd like to add an extra PT session into your training. When booking these sessions, please let us know the main reason for your PT so that we can program and plan your session to match your expectations and to give you exactly what you need.

#### Regular Ongoing PT Sessions

Ongoing PT sessions are for those who would like regular PT sessions on a weekly basis. Because you have committed to a long-term PT program, these sessions are slightly discounted for you to reward you for your commitment. You may cease your PT program at any time, however please give us at least 4 x week's notice so that we can adjust and wrap up your program for the last few weeks of your training and so that we can give you tools to continue working towards your goals on your own.

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