

PBPersonal Training.

Voordat u gebruik kunt maken van de diensten van Cinzento Rosa is het van belang om de Algemene Voorwaarden en Algemene Vordering Gegevensbescherming (AVG) zorgvuldig door te lezen en te ondertekenen. Stuur deze formulieren toe voordat uw eerste consult wordt afgenomen. Zonder deze ondertekende Algemene Voorwaarden en AVG kan de behandeling helaas niet van start gaan.

Personal Training Terms & Conditions.

Introduction

Your agreement is with your personal trainer (the "Trainer") who delivers your training.

These Terms and Conditions form part of your agreement with the Trainer. You understand that the Trainer is self employed and you are entering into a contract with him alone.

Your instructions to commence personal training will constitute acceptance of these Terms and Conditions when you will become a client (a "Client" or "You" called in these Terms & Conditions).

You are asked to pay special attention to the provisions related to cancellations. This does not affect your statutory rights.

Trainer's Obligations

The Trainer will use his skills and knowledge to design a safe programme of exercise that will take into account your lifestyle, personal goals, fitness levels and medical history.

The Trainer will provide the coaching, supervision, advice and support that you will need to achieve your goals. Apart from the Intake consultation (and the first personal training session if taken immediately afterwards) each personal training session will last 60 minutes (a "Session").

You understand that the results of any fitness programme cannot be guaranteed.

Your progress depends on your effort and co-operation in and outside of the sessions. In particular you acknowledge that individual results may vary and no particular result is guaranteed by your Trainer.

All Client information will be kept private and confidential.

Your Obligations

It is understood between you and your Trainer that both must commit to your training programme 100% in order for you to achieve results. You are required to arrive on time for each Session so that the Trainer's full training plan is achieved on each visit. You are required to wear appropriate clothing and footwear. Your trainer may require to complete a Physical Activity Readiness Questionnaire (a "PARQ") before undertaking your first personal training session. Your Trainer may require a letter of 'medical clearance' from your GP. Please be aware that your GP may charge for providing this letter.

You understand and agree that it is your responsibility to inform the Trainer of any conditions or changes to your health, now and ongoing, which might affect your ability to exercise safely and with minimal risk of injury. If your Trainer requires further medical information from a practitioner, you must provide such details. You understand that there are inherent risks in participating in a programme of strenuous exercise. If you sustain or claim to sustain any injury while participating in training, you acknowledge that the Trainer is not responsible, except where the injury was caused by his/her gross negligence or intentional act. Your Trainer cannot be held liable in any way for undeclared or unknown medical conditions.

Cancellation and Refunds

24 hours notice of cancellation or postponement is required for all appointments. Notice of less than 24 hours will incur full payment of the full Session fee.

Packages and session-cards are all valid: Up to/max. 6 months after purchase. Once purchased, your Sessions/Packages are non-refundable and non transferable.

Lateness Policy

If the client is late the Session cannot be extended and will end at the appointed time.

If the Trainer is late additional time will be added to the Session or to subsequent Sessions.

General

You understand that in the unlikely event of your Trainer being unable to continue your training, for any reason, you can request a full refund from your Trainer for any unfulfilled Sessions.

The Trainer has the right to change these Terms and Conditions, for example, to be able to offer new services or as required by law. The Trainer will notify you of any change. When such a change(s) is made, if dissatisfied you can cancel this

agreement once you have made any payments already due to the Trainer.
You are responsible for keeping all your contact information up to date with the Trainer.

Your training may be filmed or pictures taken for marketing purposes. Your participation in a Session means you consent to photography, filming and sound recording which may include you as a Client and its use in commercial distribution without payment or copyright.

Privacy Statement/Privacyverklaring:

Since 25-05-2018, the General Data Protection Regulation (GDPR) privacy legislation is in force. By starting training sessions at PBPersonal Training and clicking on 'Send / Send' in the contact form you give your permission to PBPersonalTraining to use and store personal details entered in our company. Your personal information is handled carefully. Customers have the right to request the removal of data from PBPersonalTraining files.

Please read the Privacy statement on the website www.pbpersonaltraining.nl

**I hereby agree with the General Terms and Conditions and GDPR of
PBPersonalTraining (pages 1 to 3):**

Date and place:.....

Full name:.....

Date of birth:.....

Address, Postcode, City:

Signature: