genesis

Terms & Conditions

For your information and safety, please read through the points below which set out how we would like to work with you. If you have any questions, please do not hesitate to ask us.

Name:	**Occupation:**
Gender: Male Female	**GP name & Address:** **Permission to contact GP if necessary:** Yes No
D.O.B: **Age:**	**Who to contact in an emergency:** **Name:**
Address: **Postcode:**	**Phone:**
Phone/Mobile:	
Email:	

- ☐ I understand that Genesis aims to provide an **integrated fitness service** for mind and body. I understand that information about my health may be shared amongst the practitioners working with me, to maximise the effectiveness of my sessions.
- ☐ I understand that Genesis Mind and Body **does not** provide an alternative to mainstream medical practice, but aims to work alongside it. I understand that if I have serious medical concerns it is my responsibility to **contact my GP first**, and additionally if directed to do so by a Genesis practitioner / trainer. I understand that it is my responsibility to inform Genesis of any **conditions or changes in my health** which might be relevant to the types of sessions I am receiving here.
- ☐ **Payment:** I understand that all sessions must be paid for in advance.
- ☐ **Cancellation Policy:** I understand that I must provide a minimum of **24 hours** notice should I need to cancel or rearrange to another time, otherwise the full cost of the session will be charged. Nutrition and coaching consultations require minimum of **48 hours notice.**
- ☐ **Duration of session:** All sessions last **one hour** unless otherwise specified. I understand that when I arrive late for a session, the session will still finish at the appointed time. Re-scheduling is not standard practice but is at the discretion of the practitioner.
- ☐ **Delayed session:** I understand that if any of the trainers or practitioners is late for my appointment, additional time will be added to the session (where possible) or to a subsequent session at my choosing.
- ☐ **During the session:** I understand that I must alert my trainer or practitioner if I feel dizzy or unwell.
- ☐ **Liability:** I release, discharge and absolve Genesis Mind and Body from any and all liability or responsibility for any accident or injury that may occur in or away from the studio, except where such accident or injury is caused by negligence of Genesis personnel.
- ☐ I understand that I am at risk of injury if I attempt to use **gym machinery** that I have not previously been shown how to use by Genesis personal trainers.
- ☐ **Property:** Genesis Mind and Body is not liable for the loss, theft or damage to any personal property.
- ☐ When in exercise sessions I agree to come dressed appropriately (trainers and loose clothing recommended). I understand that I will be refused the right to receive my session if I arrive affected by **alcohol** or any other **recreational drug.**
- ☐ **Results:** I understand that the results of any programme cannot be guaranteed and that progress depends on my co-operation during and between sessions. I acknowledge that individual results may vary.
- ☐ I understand that sessions purchased are non-refundable but can be redeemed against any Core Genesis Services (personal training, coaching, nutrition, bodywork)**.**

I have read, understood and agree to all the terms and conditions above.

Date:	**Client Signature:**	**Genesis Signature:**
	Print Client Name:	**Print Genesis Name:**