



M.A.D Fitness

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## **MONTHLY, ONLINE & LIFE COACHING INDEMNITY**

This training program will involve physical activity and use of certain equipment and machinery. Please be frank with your personal trainer/ coach prior to commencement of training. You the client voluntarily agree to participate in these activities and to assume all risk of personal injury, death and property damage resulting from such activities, use of equipment, machinery and public or private facilities. You the client indemnify M.a.d. Fitness and any employees as well as NG kerk, and its grounds, facilities and staff.

**If a coaching session is not cancelled with twenty four (24) hour advance notice you will forfeit that session.**

If you need to reschedule occasionally that is okay. However, if it is on a consistent basis it may result in the loss of your time slot and sessions will only be rescheduled to a mutually convenient time.

If you are more than twenty minutes late for a session and have not notified me, you will be considered a no show and forfeit the session.

**All payments are invoiced by the 27<sup>th</sup> of each calendar month- in advance. Payments not before the 5<sup>th</sup> of the following month will be considered LATE. A late payment charge of R100 PER 7 calendar days will be charged. (6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>)**

You may not participate in sessions with an overdue account.

Sessions that are paid for are good for 30 days and expire after the 30 day period.

5. I will design a program that meets you needs and goals that is safe, effective and conducive

6. If, for whatever reason, you choose to take a break/ amend your session frequency/ stop sessions -please be advised that a 30 day notice period will be expected.

7. I will notify you 4 hours prior to a session, if I need to cancel, except for emergencies.

The session will be rescheduled at a mutually agreed upon date and time, or a credit will be advanced on your next month's invoice.

8. I am a specialised nutritionist, not a medical dr or dietician, and can advise on meal plans and nutrition, NOT on medical illnesses. Should you require a referral to a dietician, I will gladly furnish you with the name of a trusted colleague.

9. I retain the right to terminate this Agreement for any reason including your failure to follow directions of if you breach the agreement.

10. I am not a medical professional. You need to advise me of any injury, condition or impairment which you may have before OR during a session.

11. You need to advise me of any discomforts, pain or concerns experienced during or arising from a session.

12. If you do not, for any reason, fulfil all of your sessions, no refund will be given.

13. You confirm that you are in good health and physically able to participate in my program

14. Please be aware that photography and videos may be taken during sessions.

Signed

Name: (Print)

Date