



Terms and Conditions - Classes

Congratulations on becoming part of the Healthquarters team and taking a positive step towards improving your health, fitness, strength and wellbeing.

Please find below the Healthquarters classes terms and conditions:

1. By commencing these classes you confirm that you are in good physical condition and you know of no medical or other reason why you cannot or should not do active exercise. If you have any doubts, we strongly urge you to seek expert advice before starting the exercise classes.
2. Please ensure you have completed and signed the Healthquarters pre-exercise questionnaire and give this to your trainer at your first class.
3. We may sometimes add to, change or remove our terms and conditions. The most up-to-date terms and conditions always apply. You can find copies at www.healthquarters.com.au.
4. Classes are booked online via <http://healthquarters.ptminder.com>. New users will need to register with an email and password. You can download the free 'PT Minder' app to book classes via your smart phone. Ideally, please book for all 6am classes by 8pm the night before and all other classes at 2 hours before. If you are experiencing issues with booking online, please send an SMS to 0418 49 00 62 to book in.
5. Classes start at the scheduled time. It is recommended you arrive a few mins early so as not to miss the start of the class or the essential class warm up.
6. If for any reason you need to cancel, as a professional courtesy, a class cancellation fee will apply (if within 10 hours of the start time).
7. If an exercise is uncomfortable or painful, or you wish to stop for any reason, please let your trainer know.
8. Should you need to leave a class early, please advise the trainer at the start of the class.
9. You are what you eat and your nutrition, sleep and lifestyle play an important role in enabling you to gain the most benefit from the classes. Should you wish to have a nutrition and lifestyle consultation, please contact Healthquarters.
10. Advance payment for all classes is required. Classes can be paid on a casual per class basis or via a class package or membership. Contact Healthquarters for more info or go to <http://healthquarters.ptminder.com>.
11. Please wear comfortable and suitable closed toe training shoes at all times during the classes. Wear comfortable and suitable clothing to suit the weather and environment. Bring along your own towel and water bottle to all classes. Class mats are provided.
12. Do not attend class if you have an infection, contagious illness or physical ailment, or there is any other risk, however small, to other members.
13. All unused classes on a class pass will be forfeited after their expiry date.
14. You can freeze your membership for 1 or more fortnights, up to a maximum of 4 fortnights each calendar year. Each time freeze must start and end on a direct debit date. The time freeze fee for all memberships is \$10 per fortnight, which you can pay

Healthquarters

w: <http://healthquarters.com.au> e: info@healthquarters.com.au



- in advance or by direct debit. Please note that if you are within your minimum term (3 months), any time freezes are not classified as a full payment toward your contract.
15. Your feedback is important in helping us to provide a great fitness class. If you have any comments or questions or if you have a complaint, please contact us via email.

I agree to these terms and conditions.

Name: _____

Signature: _____ Date: _____