

TERMS & CONDITIONS

One to One running coaching and Personal Training sessions

Each session unless where stated / agreed otherwise with you will last for 1 hour.

Payment of one to one running coaching / personal training sessions is to be made in full on booking. Sessions will not be confirmed until payment has been made. All fees paid are non-refundable. 24 hours minimum notice of cancellation / rearrangement of session is required from you for all appointments. Notices of less than 24 hours' notice will incur full charge of the session fee.

We will endeavor to advise you as soon as possible in the event of the coach or trainer being unable to take the session due to injury or illness.

If you are late for a session, it will not be extended and will end at the appointed time.

If the coach / trainer is late, additional time will be added to the session or to subsequent sessions.

You are to complete to and return to us a Pre Activity Readiness Questionnaire (PARQ) without fail prior to the start of your session. You will not be allowed to take part in the session unless one has been completed and returned to us.

Our one to one running coaching / personal training sessions will be based at various locations. Whilst on various premises as a client of Jon Holmans Fitness Limited, you are to abide by their club rules at all times.

All one to one sessions expire within 3 months of purchase.

Private Coaching / Training Programs

It's in your interest to fill in any assessment or questionnaire as completely and truthfully as possible. Failure to fill in the questionnaire completely or truthfully may lead to an inefficient or even incorrect running program being assigned to you. Furthermore there could be delays in the service we are able to provide as a result. After receipt of your completed questionnaire, an assessment is made of your current running performance and your running goals. You will receive your running program within 7 working days.

If you are in any way unsatisfied with the service provided you have the right to a 100% refund within the first 30 days of service for any paid training plan. Such request together with your reasons why should be sent to us via e mail jon@jonholmansfitness.co.uk. After 30 days of service, all fees paid are non-refundable.

The information provided on our website is not intended to be a substitute for qualified medical guidance. All information contained within the website is for informational purposes only. We recommend that you follow professional advice in preparing for strenuous sporting activities. Individuals should always seek qualified medical advice regarding injuries, rehabilitation or before commencing a training program.

Prices

All prices displayed on our website, publications or marketing literature are in GB Sterling and are inclusive of VAT where applicable.

Liability

This Liability section applies only to the extent permitted by law. For the avoidance of doubt, Jon Holmans Fitness Limited do not exclude or limit any liability for (a) personal injury (including sickness and death) where such injury results from our negligence or willful default, or that of Jon Holmans Fitness Limited employees, agents or subcontractors or (b) fraudulent misrepresentation.

Jon Holmans Fitness Limited does not accept liability (except as set out below) for any errors and omissions and reserve the right to change information, specifications and descriptions of listed packages and services. Jon Holmans Fitness Limited will do its best to correct errors and omissions as quickly as practicable after being notified of them.

Jon Holmans Fitness Limited does not accept any liability whatsoever for any indirect loss, consequential loss, loss of data, loss of income or profit, loss of damage to property and/or loss from claims of third parties arising out of the use of the this website or services purchased from, through or by referral from Jon Holmans Fitness Limited or any other damage howsoever caused.

Force Majeure

Except where otherwise expressly stated in these terms and conditions, Jon Holmans Fitness regrets that we cannot accept liability or pay any compensation where the performance or prompt performance of our contractual obligations is prevented or affected by, or you otherwise suffer any damage or loss as a result of force majeure. In our terms and conditions, 'force majeure' means any event which we or the supplier of the service(s) in question could not, even with all due care, foresee or avoid. Such events may include (whether actual or threatened) war, riot, civil strife, terrorist activity, industrial dispute, natural or nuclear disaster, technical problems with transport, closure of airports, ports or airspace, changes of schedules by airlines, adverse weather

conditions, epidemics, health risks and pandemics, fire, closed or congested airports or ports and all similar events outside our control or the control of our suppliers.

Governing Law

These terms and conditions are governed by English law without recourse to arbitration.

General

While the site attempts to be as accurate as possible, it should not be relied upon as being comprehensive or error-free. The website is under constant development and changes may be made in the articles and training programs at any time. Jon Holmans Fitness Limited reserves the right to change these terms and conditions at any time so users should review these periodically.

Please feel free to contact us via e mail jon@jonholmansfitness.co.uk if you have any questions regarding our terms and conditions