

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_



Bec Hansen Fitness Pty Ltd  
92 Lakeside Drive, Kanahooka 2530  
www.BecHansenFitness.com.au  
0431 987 702 | info@becfitness.com

## Terms and Conditions

Please read and sign the following terms and conditions prior to becoming a member.

### Liability Release:

1. I acknowledge that it is a condition of participating in this activity that I do so at my own risk.
2. I accept all risks and acknowledge that with any physical activity there is a risk of injury, illness, minor and major accidents (including equipment and surroundings) or death occurring. I acknowledge that I am participating in activities and using equipment at my own risk.
3. I understand the physical nature of this activity. I agree that I am:
  - Not aware of any medical condition (physical or mental), injury or impairment that may be detrimental to my health if I participate in this physical activity.
  - Medically able to participate in this activity and a qualified medical practitioner has not advised me otherwise.

In the event that I become aware of any medical conditions, injuries or other impairments that may be detrimental to my health if I participate in this activity, I will immediately notify Bec Hansen Fitness Pty Ltd, and complete a new pre-exercise questionnaire with qualified medical practitioner clearance.

4. I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in this activity.
5. I accept all risks and hereby indemnify and release Bec Hansen Fitness Pty Ltd and its managers, trainers, agents, employees and contractors, against all liability (including liability of their negligence), claims and demands as a result of my participation in these activities.
6. I acknowledge that participation in this physical activity may involve a risk of serious injury, illness, or even death. These causes include (but are not limited to), accidents with equipment and surroundings, equipment failure, over exertion and dehydration.
7. I understand that Bec Hansen Fitness staff are not qualified medical practitioners and are not able to give medical advice.

## **Bec Hansen Fitness Pty Ltd Results Guarantee or 100% of your Money Back!**

8. Bec Hansen Fitness Pty Ltd guarantee that if you follow through with their Group Fitness Classes, after only 12 weeks of starting, you will feel better, and be fitter and stronger, or you can request a refund your entire membership fee up until that point.

I acknowledge that based on the commitment from Bec Hansen Fitness, the following is required from me:

1. I must attend a minimum of 4 timetabled Group Fitness Classes (or Personal Training Sessions) per week for 12 consecutive weeks, starting the day my membership commences. Classes must be spread over a minimum of 3 days per week.
2. I will fill out my Food and Fitness Diary in its entirety each day for 12 weeks.
3. I will follow the clean eating guidelines (or custom designed nutrition plan if applicable).

After the twelve (12) week period, if you can honestly say you followed all three of the requirements and do not look or feel better than you did when you first stepped through our doors, Bec Hansen Fitness Pty Ltd will refund your entire initial 12 weeks of membership fees.

### **Membership / Cancellations / Hold / Direct Debits:**

9. Your direct debit is paid in advance (weekly, fortnightly, 4 weekly or monthly – your choice on sign up).

10. I acknowledge that if I make membership payments via direct debit that I may cancel at any time, provided I give 3 business days notice in writing. Notice can be given by emailing [members@becfitness.com](mailto:members@becfitness.com) or text message to 0431 987 702.

11. I acknowledge that if I make payments via direct debit I can place my membership on hold, provided I give 3 business days notice in writing. Notice can be given by emailing [members@becfitness.com](mailto:members@becfitness.com) or text message to 0431 987 702. Minimum hold time is 1 week. A start and end date for each on hold period must be advised.

**3 business days notice must be given prior to the direct debit date for the corresponding hold period.**

Memberships will not be placed on hold retrospectively.

Example: If you pay a monthly membership on the 10<sup>th</sup> of each month and you will be away from the 17<sup>th</sup> to the 23<sup>rd</sup> of the month and wish to place your membership on hold for the 1 week – we must have notice 3 business days prior to your DIRECT DEBIT on the 10<sup>th</sup>. If we receive notice after your debit has been paid, it can not be placed on hold.

12. Failure to use Bec Hansen Fitness services on offer will not entitle you to receive a refund of your membership fee.

13. I acknowledge that if my direct debit dishonours I will be automatically charged a \$9.90 dishonour fee from ezidebit 5 business days after the original dishonoured debit, plus the failed transaction will be processed again. I understand that if I would like the failed transaction to be

processed on a different day, I must contact Bec Hansen Fitness by emailing members@becfitness.com or texting 0431 987 702. If the transaction again fails, the membership will be placed on hold until paid in full.

**Personal Training:**

14. I acknowledge that I must notify my Personal Trainer as soon as I am aware that I can not attend or need to reschedule a Personal Training or Private Group session. I understand that if I cancel with less than 6 hours notice, I will be charged for my session.

**Code of Conduct / Other**

15. I must not be under the influence drugs (legal or illegal).

16. I understand that I must follow all instructions from staff and will only use equipment as instructed.

17. I must supply my own towel and water at all training sessions.

18. I must wear fully covered shoes and appropriate clothing to all sessions.

19. I am aware that it is my responsibility to wear appropriate protective clothing, supply sunscreen and bring a hat to any outdoor classes.

20. Operating hours and timetables are subject to change.

21. Bec Hansen Fitness reserves the right to alter or cancel classes for the safety of participants.

22. Bec Hansen Fitness does not accept responsibility for any lost or stolen property. This includes property that is in the direct training area or in the possession of staff.

23. Inappropriate or offensive behaviour will not be tolerated. I understand that I may be asked to leave a training session or have my membership cancelled if my conduct is offensive or inappropriate.

24. Bec Hansen Fitness may photograph or film training sessions for promotional purposes. If you do not wish for your image to be used, please notify Bec by emailing bec@becfitness.com

25. I certify that I am 18 years or older and have read and fully understand this document. Or, I am 18 years or older and as parent or guardian I have read and fully understand this document and I agree to the above terms for myself and my participant.

I have read and understood the terms and conditions above and agree to abide by these conditions and other conditions as directed by Bec Hansen Fitness.

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Name

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Signed

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Date

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Staff Name

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Signed