

ACTIVE SEASONS

by Tara Jayne

PROGRAM TERMS AND CONDITIONS

The ideas, concepts and opinions expressed in this program are intended to be used for educational purposes only. This program is sold with the understanding that the author is not rendering medical advice of any kind, nor is this program intended to replace medical advice, to diagnose, prescribe or treat any disease, condition, illness or injury. Therefore it is imperative that before beginning any weight loss or exercise program, including any aspect of the 4 Active Seasons Program's, you receive full medical clearance from a licensed medical practitioner. The author claims no responsibility to any person or entity for any liability, loss or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of the material in this program.

- All clients must complete and return a Registration Form at least 24 hours prior to the Active Seasons Program commencement. If you have answered yes to any of the screening questions on the Registration Form, are male and over the age of 45 or are female and over the age of 55, you must also provide a signed letter from your health care practitioner clearing you for exercise and listing any contraindications.
- If you are pregnant, or become pregnant during the course of the program, please inform Tara Jayne and seek medical advice immediately to check if you are able to proceed with the program. Written medical clearance and contact information of your practitioner must be given to Tara prior to recommencement of the program.
- If you opt for the Face-to-Face Program, please arrive on time for group training sessions. Time will not be made up if you are running late and the session will finish at the contracted time with no refund applied. If the trainer is late, you receive a free class as an alternative time!
- Wear clothes that you feel comfortable exercising in along with appropriate training shoes.
- Please always bring a towel and a water bottle to the Face-to-Face group training sessions. Please make sure that you are properly hydrated and it is best not to have eaten a substantial meal within two hours of the session. A piece of fruit prior will give you the energy (and fuel) to work through your session.
- Tara Jayne reserves the right to change or cancel sessions if necessary. In the event of a session being cancelled or altered every effort will be made by offering alternative dates, or a \$25 refund per session will apply if an alternative date cannot be set. If you cannot attend the alternative option, you forfeit the session.
- Sessions will proceed rain or shine. They will not proceed during a hail or electrical storm.
- Method of payment for Active Seasons Program via PayPal (credit card or direct debit available). The payees name on your statement will be 'TJ Fit'
- If you have booked a One-on-One Personal Training session, 24 hours' notice is required if you wish to cancel to avoid penalty. If cancelled within the 24 hour period, the session will be forfeited. If outside 24 hours, every effort will be made to reschedule a make-up session within the same week.
- TJ Fit's Active Seasons Programs come with a **100% money back guarantee*** If you are not satisfied with the program and training, please request your money back.
- TJ Fit is registered with Fitness Australia and has the necessary PL and PI insurances and permits to run outdoor fitness training sessions.

If you do not agree with these T&Cs or would like to discuss them, or the program further, please contact Tara Jayne by phone on 0404045261 or via email taranurthen@gmail.com

*Refund is subject to the discretion of Tara Jayne after reviewing the client's explanation, realistic expectations and body/weight/fitness measurement results/evidence.