POWERHOUSE

8 WEEK BOOTCAMP | TERMS & CONDITIONS

£250 total | £50 deposit | £200 balance

Lisa B PT Lifting Club lisa@lisabpt.com Unit 5, Derwent Business Park, Heage Road, Ripley, DE5 3BZ

1. Your booking and agreement

These terms apply to the Power House 8 Week Bootcamp provided by Lisa B PT Lifting Club ("Lisa B PT", "we" or "us").

By paying your £50 deposit, you confirm that you have read and agree to these Terms & Conditions, provided they were made available to you before payment.

Your booking confirmation will identify your programme dates, session times and venue.

2. Programme fee and payment

The total cost of the 8 Week Bootcamp is £250, payable as follows:

- £50 deposit payable when booking to secure your place.

- £200 remaining balance payable before attending your first Bootcamp session.

The deposit forms part of the £250 total and is not an additional charge.

Lisa B PT will send you a payment link for the remaining £200. You are responsible for completing this payment before attending your first session.

You will not be permitted to participate until the full £250 has been paid.

The £50 deposit is non-refundable if you choose to cancel, subject to your statutory rights and applicable consumer law.

Failure to pay the outstanding balance may result in your place being cancelled.

3. Sessions and attendance

The Bootcamp runs for 8 weeks, with sessions scheduled on Mondays and Wednesdays, providing up to 16 training sessions.

Exact dates and times will be confirmed before booking.

Your payment secures a place on the complete 8-week programme, not individual sessions.

If you miss a session for any reason, including holidays, work commitments, illness or personal circumstances, you will not be entitled to a refund, credit, transfer or additional session simply because of your absence.

Unused sessions cannot be carried forward to another Bootcamp.

Your statutory rights remain unaffected.

4. Your place

Your booking is personal to you.

Places cannot be shared, transferred or reassigned to another person without prior agreement from Lisa B PT.

5. Cancellation and refunds

The £50 booking deposit is non-refundable.

Once you have paid the full £250 and commenced the Bootcamp, you are committing to the complete 8-week programme.

If you subsequently decide to stop attending, withdraw from the programme or miss sessions for personal reasons, you will not normally receive a refund of the bootcamp fee. This includes changes in personal circumstances, holidays, work commitments, loss of motivation or an inability to attend.

Nothing in these terms removes your statutory rights.

6. If we cancel or change a session

If Lisa B PT needs to cancel a scheduled Bootcamp session, we will arrange a replacement session and communicate the new date and time to participants as soon as reasonably possible. We will make reasonable efforts to minimise disruption and deliver the full programme.

7. Health, injuries and safe participation

You are responsible for informing Lisa B PT of any health condition, injury, pregnancy, medical restriction or other issue that may affect your ability to exercise safely before attending your first Bootcamp session.

Lisa B PT does not require participants to complete a formal health-screening questionnaire for Bootcamp.

It is your responsibility to:

- Disclose relevant health concerns before starting.

- Inform Lisa promptly of any changes to your health or physical condition during the programme.

- Seek appropriate medical advice if you are unsure whether participation is suitable for you.

- Follow all coaching, equipment and safety instructions.

- Exercise within your own capabilities and immediately report pain, dizziness, illness or unusual symptoms.

Lisa B PT may adapt, restrict or pause your participation where reasonably necessary for safety.

8. Your legal rights

Nothing in these Terms & Conditions excludes or restricts your statutory consumer rights.

This includes your right to receive services provided with reasonable care and skill and any applicable statutory cancellation rights.

Nothing excludes or limits liability for death or personal injury caused by negligence, fraud or any liability that cannot lawfully be excluded.

If you have any concerns about your booking or the programme, please contact Lisa B PT so we can try to resolve them.

By paying your £50 deposit, you confirm that you have read, understood and agree to these Bootcamp Terms & Conditions.

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