

jarod chapman  
your personal wellness coach



## Terms & Conditions

### **Guarantee of Services**

Rescheduling or cancellation of any session requires a minimum of 24 hours notice to avoid full charge for that session.

In the unlikely event that Jarod is unable to give the pre-scheduled session you will be entitled to reschedule the time slot or receive a full refund.

Payment is requested in advance in session packs of 5, 10 or 20 and is payable by cash, cheque or transfer.

Personal Training sessions are either 30 minutes or 1 hour.

Clients are advised to wear comfortable clothes and appropriate sports footwear.

Clients are required to bring a smile and the objective of taking charge of their health and wellbeing.

Once you have read through, and are in agreement with the above terms of the training contract, please sign below.

**Print name:**

**Signature:**

**Date:**