

STRONG MAMA FITNESS

Terms and Conditions
Created: 26th November 2021
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At **Strong Mama Fitness**, I want you to have a wonderful time no matter which class you choose, however your safety and your baby's safety is the most important, which is why I have set the below terms and conditions for you to follow.

1. Health Questionnaire

We require all mums to read, fill out and sign the Client Health Questionnaire before their first session. This must be filled out in **FULL** to ensure the instructor is fully aware of your medical history, pregnancy, birth and postnatal recovery (including any previous children) please add as much detail as possible so the instructor can offer modifications where necessary to keep you safe whilst exercising. If your health changes at any point, **or you may suspect you are pregnant**, you must inform the Instructor as soon as possible.

2. Booking a Class/Classes or Programme

All classes must be booked in advance via our online booking system (preferred) or through Email or Social media. Spaces are limited so classes **must be pre booked**.

Classes can be Booked as PAYG, Monthly (online only) or via Set Class passes (4 Class Pass or 8 Class Pass - discounts available)

3. Missed Classes

Refunds will not be given if a class is missed or cancelled, access to the virtual platform or a class swap within **1 week** only (if space permits) will be offered as means of a replacement.

Missed Classes cannot be carried over

Please ensure you are happy with this.

Class Bookings must be made via our online booking system. Class fees are as follows;

- **Strong Mama & Baby Classes (Indoors) -**
 - £8.50 per class when booking PAYG
 - £26 4 Class Pass (£6.50/Class - must be used within 5 weeks)
 - £52 for 8 Class Pass (£6.50/Class - to be used within 10 weeks)
- **Strong Mama & Buggy Classes (Outdoors) -**
 - £8.50 per class when booking PAYG
 - £26 4 Class Pass (£6.50/Class - must be used within 5 weeks)
 - £52 for 8 Class Pass (£6.50/Class - to be used within 10 weeks)

Strong Mama & Baby/Buggy Classes can only be attended when the attendee is a minimum of 8 weeks pp and has had an uncomplicated pregnancy and delivery.

Attendees who have had complicated deliveries or lower segment caesareans are recommended to wait until at least 10-12 weeks pp.

- **Strong Bump Classes -**
 - £9.50 per class when booked PAYG
 - £30 4 Class Pass (£7.50/Class - MUST be used within 5 weeks)
 - £60 for 8 Class Pass (£7.50/Class - to be used within 10 weeks)

Attendees can join between 12weeks - 37Weeks gestation

- **Strong Ladies Evening Class -**
 - £8.50 per class when booking PAYG
 - £26 4 Class Pass (£6.50/Class - must be used within 5 weeks)
 - £52 for 8 Class Pass (£6.50/Class - to be used within 10 weeks)

Online Classes

- Unlimited Access to Virtual Workout Platform -
- £20 1 Month Access (unlimited classes)
- £10 1 Month Access if booked alongside any Strong Mama & Baby, Strong Mama & Buggy, Strong Bump, Strong Ladies Evening Class or Strong Recovery classes.

Attendees must be a minimum of 8 weeks pp and have had an uncomplicated pregnancy and delivery.

Attendees who have had complicated deliveries or lower segment caesareans are recommended to wait until at least 10-12 weeks pp.

Set Programmes & Workshops

- Strong Restore 6 Week Program - £70

Attendees can join from 4 weeks if delivery was an uncomplicated vaginal birth and all stitches have healed. For C-section births we recommend waiting a minimum of 8-10 weeks, this is very unique to your healing process so please get intouch if you're unsure whether it's suitable to join.

Missed sessions cannot be carried over or refunded, catch up recordings will be offered as a means of an alternative.

4. Outdoor Classes & Programmes

Outdoor classes go ahead in all weather conditions, unless the instructor deems unsafe to do so i.e. extreme rain or wind. Refunds are not issued if you choose not to attend when class is still running.

In the case of class cancellations due to unsafe circumstances such as the above or location safety you will be notified on the Whatsapp group and by Email no later than 1 hour before the class is due to take place.

Please ensure you are happy with all of the above before paying for outdoor programmes.

5. General information

1. **Whilst at Strong Mama Fitness we are committed to safeguarding you and your children during all classes, please note your child will remain your sole responsibility and you must ensure the safety of your own child/children throughout the class. Strong Mama Fitness does not accept responsibility for any incident or injury involving your child during the class.**

2. Mums are expected to wear appropriate workout clothing and suitable Trainers for all classes, failure to do so may result in you being asked to leave the class or course.
3. Instructors reserve the right to request discharge documentation from your health professional in the event they are concerned about your ability to exercise.
4. Any person found to be acting in an abusive or threatening manner towards the Class instructor or other attendees will be removed permanently from all classes without refund.
5. At Strong Mama Fitness we are committed to ensuring we only deliver safe exercise programmes for you however it is important that you feel confident and ready to exercise. If you have any concerns or questions regarding your ability to exercise please consult your doctor before starting any workout.
6. Know your ability - We will offer you a variety of options to enable you to workout at the level which is best for you but it is your own responsibility to choose your ability level and therefore agree to release Strong Mama Fitness and its instructors from any and all claims or causes of action as you join at your own risk.
7. You should not rely on our advice or guidance as replacement for medical advice, diagnosis or treatment.