



Terms and Conditions - KC Fitness

These terms and conditions will apply to anyone booking training sessions or contacting KC Fitness through the website, email or by phone and will constitute acceptance of these terms and conditions.

In these terms and conditions, the term 'the trainer' is Katharine Clark of KC Fitness and 'the client' is anyone being trained, attending an event or retreat and using KC Fitness' services.

The Trainer's Obligations

The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account the client's personal goals, fitness levels and likes and dislikes related to exercise. The trainer will provide the coaching, supervision, advice and support that the client may need to help them achieve their goals.

The Client's Obligations

All client information will be kept strictly private and confidential. If the trainer requires further medical information from a practitioner, the client must provide such details. It is understood between client and trainer that both must commit to the programme 100% in order to achieve results. How the client approaches training plays a huge part in the results. The client is required to arrive on time for each training session so that a full session can be achieved on each visit. The client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

Health Screening

All clients must complete a PAR-Q before commencing any exercise programme. The client must acknowledge that certain elements of the sessions with KC Fitness can be physically demanding. The client must agree that they are physically capable of participating in the sessions and accept full and complete responsibility for your own participation. The client must agree that should any medical or physical condition arise prior to or during a session which is likely to affect your ability to participate the client will not attend / will withdraw from the session.

KC Fitness excludes all liability for death, injury or damage caused by the client carrying out exercises incorrectly and against guidance or supervision from trainer. You as the client agree to fully release KC Fitness from any and all liability and claims.

Cancellation Policy:

24 hours' notice of cancellation is required for all appointments. Notice of less than 24 hours will incur a full payment of the session fee.

Lateness Policy:

If the client is late for a session the session cannot be extended and will end at the appointed time. If the trainer is late additional time will be added to the session or to subsequent sessions.

Fee Charging Policy:

Block bookings must be paid for in advance and monthly payments must be paid on the 1st of every month. All monies paid are non-refundable. Event tickets are sold via Eventbrite and are non-refundable.

Website Terms:

The owner of this web site is Katharine Clark of KC Fitness.

Location & Contact

KC Fitness is based in Tunbridge Wells. Telephone number is 07912573410 and email is kcfitness@live.co.uk.