



Terms and Conditions for Maxi-Mum coaching personal training and massage services

Welcome to Maxi-Mum coaching. By engaging our personal training and massage services, you agree to the following terms and conditions:

1. General Information

1.1 These terms and conditions govern all personal training, sports massage, massage, and rehabilitation services provided by Maxi-Mum coaching.

1.2 By booking sessions, purchasing packages, or engaging our services, you accept these terms and conditions.

2. Personal Information

2.1 We collect and use your personal information (e.g., contact details, health history, fitness goals) solely for the purpose of providing our services safely and effectively.

2.2 Your information will be kept confidential and only shared with third parties when legally required or with your explicit consent.

2.3 For more details, please refer to our Privacy Policy, available upon request.

3. Bookings and Payments

3.1 When booking through our booking system Vagaro, 30% of the treatment cost will be charged at the time of booking. The remaining 70% will be charged at the appointment time.

3.2 Packages purchased are valid for six (6) months from the date of the first session. Unused sessions will expire after this period and are non-refundable.

3.3 Discounts or promotional offers cannot be applied to packages unless explicitly stated in the promotion.

4. Cancellations and Rescheduling

4.1 A minimum of 24 hours' notice is required for cancellations or rescheduling of any session.

4.2 Cancellations made less than 24 hours before the scheduled session will result in the session being forfeited without a refund.

4.3 Exceptions may be made at the discretion of Maxi-Mum coaching in cases of emergencies or unforeseen circumstances.

5. Client Responsibilities

5.1 You are required to complete a health and fitness questionnaire prior to commencing services. It is your responsibility to provide accurate and up-to-date information.

5.2 Any changes to your health or fitness status must be communicated to Maxi-Mum coaching immediately to ensure safe and effective training.

5.3 You must wear appropriate attire and bring any required equipment to sessions as instructed.

6. Liability

6.1 While all services are provided with the highest care, Maxi-Mum coaching cannot be held liable for any injuries, illnesses, or adverse outcomes resulting from false or incomplete information provided by the client.

6.2 Clients participate in all sessions at their own risk. A PARQ and or consultation form must be signed prior to starting services.

7. Refunds and Termination of Services

7.1 Payments for sessions or packages are non-refundable unless otherwise agreed upon in writing.

7.2 Maxi-Mum coaching reserves the right to terminate services if the client fails to adhere to these terms and conditions or shows inappropriate behaviour.

8. Amendments

8.1 Maxi-Mum coaching reserves the right to update these terms and conditions at any time. Clients will be notified of changes where applicable.

If you have any questions or concerns about these terms and conditions, please contact Maxi-Mum coaching at hello@maxi-mumcoaching.com or on 07930240113.

By engaging with our services, you acknowledge that you have read, understood, and agree to these terms and conditions