



Pangaea Training

bringing health & fitness together

Pangaea Training - Terms & Conditions

General

All clients must complete a PARq (physical activity readiness questionnaire) prior to participating in any of the classes or Personal Training sessions – if any changes occur please make Pangaea Training aware of this. By signing the PARq you are agreeing to the Terms & Conditions of Pangaea Training.

All clients must wear clothing suitable for the class being participated in which includes trainers for all classes except for Fitness Pilates.

It is recommended to purchase a suitable mat for participation in Fitness Pilates classes, 'fitness' mats are provided for all other classes.

Please bring a small towel and water to all classes.

Please could you text 07941 653569 or email louise@pangaeatraining.com if you're not able to attend a class.

Kick Start Fat Loss (KSFL)

KSFL consists of 'Live' Clubs & Online Programmes, details of which can be found on the relevant pages on the website www.pangaeatraining.com

To attend the 'live' Clubs you initially have to commit to 4 weeks. Once payment has been received you will be sent preparation information and access to the member's section of the main KSFL website. Once access to this website and information has been provided then it will not be possible to issue a refund if you have changed your mind.

Once you complete the first 4 weeks then you have the option to pay on a monthly basis, via standing order, to continue attending a weekly class and to still have access to the main KSFL Website & the private face book group for KSFL members in the Marlow, Bourne End & Maidenhead areas. The date that your standing order starts is the date of the month in which you started, so, for example, if you started on the 1st your standing order will then need to be on the 1st of each month, if you started on the 2nd your standing order will need to be on the 2nd of each month and so on. If you choose not to continue then you are still able to attend the HIIT Workout and/or the second class at a cost of £5.00 per session.

If you wish to re-join a KSFL 'Live' Club after a period of absence then you will need to pay the price for the initial 28 days unless you have only been absent for one month or less, in which case you can re-join at the ongoing monthly rate.

The Online Programmes require a commitment for the period of time that they run for whether it is for 7, 14, 21 or 28 days. As with the 'Live' classes once payment has been received you will be sent preparation information and access to the relevant section of the main KSFL website. Once access to this website and information has been provided then it will not be possible to issue a refund if you have changed your mind.

Fitness Pilates

It is possible to attend Fitness Pilates classes on a pay as you go basis or as a block of six consecutive sessions.

Block Bookings

The price paid for block bookings is for a pre-determined number of *consecutive* sessions which cannot be carried forward if not attended. However, Pangaea Training like to be able to offer the flexibility of working around your commitments, so paying in advance does not negate your opportunity to "miss" classes as long as agreed at time of booking. Therefore you may finish a block, pay for your next block on your sixth class but then be on holiday for two weeks, for example, in which case the two weeks that are missed can be carried on after your return from holiday.

All block bookings will need to be paid for in advance on the sixth class of your current block

HIIT Workouts for Kids & Grown-Ups

Children attending these workouts must be aged 5 years plus and wear suitable clothing & footwear.

1:1 & Small Group Personal Training

An initial consultation is required for all participants and is free of charge.

For 5 sessions booked and paid for in advance there is a 5% discount. For 10 sessions booked and paid for in advance there is a 10% discount. 48 hours' notice is required for cancellation and rescheduling of an appointment.

Cancellations less than 48 hours before the appointment time will incur a cancellation charge of 50% of the session fee. Failure to turn up to a session will incur a full session fee.

Payments

Payments for KSFL & Fitness Pilates classes can be made online via pay pal or online banking, by cash or by cheque.

Payments for other classes and for Personal Training sessions can be made via cash, cheque or online banking. Online banking details are available upon request.

If you purchase a voucher these are non-refundable.

www.pangaeatraining.com

07941 653569