

Monthly Membership and Session Pass holders

TERMS AND CONDITONS

FEES

Membership runs from the first day of each month. If you join part way through a month we will work out your first months fee pro-rata and ask you to pay that plus your next month.

First months payments can be made by either cash, cheque or bank transfer

From then on please set up a standing order as follows:

Payments are to be made on the first of the month by standing order (unless this facility is not available to you) to the following account

Business name: BURN IT FITNESS LTD

Account number 43248607

Sort code 20-76-55

Please state reference as: Your name

We reserve the right to increase the monthly membership fee at anytime. This will then be up to you to pay the revised FEE to still be a Burn It member.

Block of 10 Passes :

All passes purchased are none refundable, they must be used within 6 months of purchase and they are transferable.

CANCELLATION OF MEMBERSHIP

If you want to cancel or freeze your membership for a period please give 28 days' notice.

No refunds will be given but memberships are transferable or can be put on hold in unforeseen circumstances for up to 1 year.

Please contact Sara on 07747197213 for more details on this.

CLASS CHANGES/CANCELLATIONS DUE TO UNFORSEEN CIRCUMSTANCE

We endeavour to follow through with our promise to deliver group exercise sessions, on time every week and in whatever the weather. We may need to cancel the session If the instructor is sick (we will do our up most to cover the class with another qualified instructor) or if the weather is so terrible that it would not be safe to hold the class.

If the class is to be cancelled we will let you know by text message **and** email before hand with as much notice as possible. We there for would need these contact details from you on joining.

BEFORE YOU COMMENCE EXERCISE WITH US

We ask you to complete a PAR Q form before your first class and if you have any previous /currant injuries or conditions that may affect your exercise regime please let us know so we can adapt the class to you.

CLOTHING/FOOTWEAR/OUTDOOR CONDITIONS

Depending on the season Outdoor training throws up various obstacles which are easily over come but do take a little forward thinking.

Spring/Summer months :

Good breathable sports trainers, Insect repellent and LONG trousers to stop the help midgies!!We have had a number of clients receive painful insect bites so be warned!

Cools clothing, layers in case the weather changes, sports sunglasses, Towel for when you sweat and water/drink to replace lost fluids.

Autumn :

Weather can be very changeable to please have a waterproof layer, non-slip trainers and be prepared to get a bit muddy sometimes. Also a good idea to have a torch and reflective clothing.

Winter:

It's actually very refreshing to train outdoors in the winter....follow the rules above but with more layers and a hat/gloves. Even a bin liner in your pocket will help you stay dryer when the heavens open and were all still working hard.

FREE INTODUCTORY SESSION

This is available to anyone who wants to try us out and see if its for you! We do however ask that if you bring along guests who do not live in the area and who are coming as a guest visitor that they pay the standard fee for drop in session of £10.

