

Terms and Conditions

Please ensure you have read carefully before signing

Brilliant! It's time to get into the habit of regular exercise and there is never a more supportive environment than the Absolute Bootcamp Berkhamsted.

Bootcamp times

Absolute Bootcamp Berkhamsted happens Monday to Friday at 6.30am, 9.30am and 8.00pm except Friday evening is at 7.00pm and on the weekend we have a session on a Sunday at 9am. You can choose to attend any sessions depending on your payment plan.

Bootcamp sessions

Although the Bootcamp is weight loss specific we also recognise that there are different aspects to having a fully functioning, lean, toned body. We have carefully designed the Bootcamp to ensure that all sessions will lose body fat, correct postural problems, enhance your fitness, strength, balance, core stability and energy. By participating in 5 or 6 sessions per week you will be guaranteeing that all your fitness and weight loss bases are covered and that you'll have complete balance in your training.

Below is an outline of the focus on different days of the week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight training	Cardio Focus	Explosive Strength	Core and Balance	Killer workout	NO TRAINING	Fun Focus

Bootcamp Membership Prices

Your monthly Bootcamp membership subscription will be dictated by the number of sessions you choose to do per week. Although your payments are spread across 12 months you only actually pay for 11 months as we give you one month free every year to allow for holidays and time away. I urge you to remember that the more you do the cheaper each session will be and the better result you will get.

“The Greater the Action, the Greater the Result”

Sessions Per week	Bootcamp Membership Monthly subscriptions
6	£99.95
5	£93.29
4	£85.63
3	£74.73
2	£58.32
1	£34.16

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Membership Payments

To set up your subscription you will receive an email link to take you to the online payment page. Once you have been set up on the system your payment will recur on the same date each month.

The online Facility

The online facility provides you with your own login area which allows you to see all the timetabled Bootcamp sessions, which trainer will be taking a session, your payment history, your training schedule, your visit history and your purchases. You are also able to pay for and book personal training, massage, and the nutrition course. You can access the login area via our website www.absolute-training.com.

Using the register at the club

It is important that when you come to the club you sign yourself into the register – this will then be transferred onto your online login area and we will be able to make sure that you are coming as often as possible to the Camp. If we do not see you for a least a week we will have no other option than to call you up give your bottom a kick in the right direction

Trainer Rotation

You will have the opportunity to work with all our trainers to keep your sessions fresh and exciting. Our trainers all have different skill sets and personalities and you will benefit massively by working with them all.

What you need to bring to a session

It is important that you bring the appropriate exercise wear with you, something that you are comfortable in. It is sometimes easier for us to see your technique when the clothes are a little tighter but it is up to you what you wear, just make sure you are comfortable and the clothing is practical.

Trainers

Trainers are really the best type of footwear to support you ankles and feet but you must have an indoor pair and an outdoor pair. As you are aware the Bootcamp sessions happen both inside and outside depending on the weather. The facility that we use for indoor training is also used by children who use the area in bare feet. To protect their feet we must not bring dirt and stones into the gym. It is therefore important that you have a clean pair of trainers for inside.

Personal Hygiene

We want you to work hard enough, so that you are sweating, so make sure that you are in clean training clothes and have had a shower before you come so that body odour is kept to a minimum and we are all fresh and smelling clean.

Although we have drinking water on site it's important that you bring your own water bottle as the sink is in the bathroom and is shared by all.

It is suggested that you bring a towel to put on the floor when training inside or out, this can also be used to wipe the sweat away when training hard.

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Child Protection

As you know we share the facility with a gymnastics club that teaches children of all ages. It is therefore extremely important that we protect them and you in every way that we can. This is particularly important when using the toilet areas. Please insure that you;

- a) Inform your Bootcamp instructor that you are going to the toilet
- b) Shut and Lock the door to the toilet. (If the lock is broken please come and inform your Bootcamp instructor so that we can assure that nobody walks in on you.
- c) You have a pair of indoor and outdoor shoes with you

I know, you know how important it is that we follow these rules and I know that I can rely on you to help us on these issues, so here's a quick thank you in advance.... Thank You!

Missing a Session

We do understand that life happens and at some point you may miss a Bootcamp session that you had planned to attend, but Bootcamp is a membership, missed session do not role over to following weeks or months as you are paying a membership not per session.

Missed payments

If a payment is missed then a cheque must be presented for that month and then payment to be set up on exactly the same day as your initial payment.

Please Don't Be Late

We know that even the best laid plans can go wrong when you throw traffic, the English weather, children or animals into the mix, but please don't be late. Every aspect of the Bootcamp is important especially the warm up. If you miss the warm up you run a high risk of getting yourself injured especially if you are in an early morning Bootcamp.

We reserve the right to NOT let you train if you are not on time and MISS the warm up!

Cancellation of Bootcamp By Us

If Bootcamp is to be cancelled we will let you know by TEXT and EMAIL as soon as possible

Public holidays/Bank holidays – We will run the 9.30am Bootcamp only

Christmas, Boxing day and New Years we are closed

Weather – We do not expect you to endanger yourself for your Bootcamp and so we do not open in extremes of weather, although we will probably email you an indoor no equipment required training session for you to do at home.

Cancellation of your Bootcamp Membership

Please be aware that if after the first month you are happy and do not decide to cancel you will be signing up to a minimum of another 2 further months of Bootcamp before you'll be able to cancel. After you have completed a full 3

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months you will be able to terminate your Bootcamp membership with 30 days notice. You can give notice in month 2 if you wish.

If you want to cancel your subscription we require 30 days written notice. This can either, be emailed to info@absolute-training.com or put in writing and handed to Keith Tucker or Clare Valvona or sent to Absolute Training, 15 Wrensfeld, Boxmoor, Hemel Hempstead, Hertfordshire, HP1 1RN.

If your subscription comes out during that 30 day period you will have until the end of that payment period to enjoy the Bootcamp. For example, you let us know on the 4th of the month but your payment comes out on the 20th of the month. You will have until the 20th of the following month to keep training.

Price increase

As you know prices never seem to go down and occasionally we increase the price of your training. We promise to give you notice by email at least 30 days before the event so that it gives you plenty of time to decide whether the training is still for you or so that you can budget accordingly.

100% Money Back Guarantee - Term and Conditions

Of course you are entitled to a full refund of all your money invested in your sessions should you not be 100% happy with your results or our service. You will have 30 days from your first Bootcamp payment to decide whether our service is for you. If you decide that it isn't and that you would like us to refund your first months payment, email info@absolute-training.com or write to **Absolute Training Ltd, 15 Wrensfeld, Boxmoor, Hemel Hempstead, Herts. HP1 1RN**. We value your opinion and we are always trying to improve our service to you so we would really appreciate any comments you might have.

Please be aware that if after the first month you are happy and do not decide to cancel you will be signing up to 3 months of Bootcamp before you'll be able to cancel. After you have completed 3 months you will be able to terminate your Bootcamp with 30 days notice as stated above.

Photos and Video

On a monthly basis we will take photos of you to track your progress with you permission we will also use these for promotional purposes.

From time to time we video the bootcamps to put short clips online for people to get an idea of what happens in one of our sessions.

Referral Policy

The Absolute Bootcamp Berkhamsted is a high quality product where we combine the quality of working with highly qualified personal trainers and the motivation of working with a group to give you the ultimate health, fitness and weight loss product. As a result you may feel that you wish to bring friends along so that they can get the results that they have been striving for. We like to reward you for talking about the Bootcamp and bringing people along to try it.

Anyone you bring along will get a 2 week trial as you did so that they can try it and decide for themselves whether it's for them. If they decide to sign up we will give you their second month's payment. This is to say THANK YOU for your

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support. We firmly believe that if you help us to help more people you should be able to train for free that month. So help your friend and help yourself!

If you do know people who should be coming give their number to a member of the team. We will then call them and offer them a free trial. Nothing could be easier!

I have read and understood the terms and conditions and I am really excited about getting started and getting involved in the Absolute Bootcamp Berkhamsted

Clients Signature.....Date.....

Trainers Signature.....Date.....

The Absolute Training Team

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