



BE YOUR BEST – EVER!

TERMS AND CONDITIONS OF MEMBERSHIP

PLEASE READ CAREFULLY terms and conditions below that include your legal rights and obligations.

HEALTH SCREEN FROM DOCTOR: It is the responsibility of the member to ascertain their physical readiness to embark on an exercise regime. We recommend that each member acquire a health screen from their doctor, and inform their instructor of any condition that may affect their physical performance, health and safety. A medical clearance is **required** for any person at age of 40 years and over, before training commences.

REGISTRATION: A health and fitness form and personal lifestyle questionnaire form is required to be completed by all participants at time of registration along with payment of Personal Training membership term.

PAYMENT: Your payment for Personal Training memberships are to be paid in full and upfront upon enrolment. Payment must be made prior to commencement of Membership, Personal Training sessions or Group Fitness sessions. No payment no training.

UNAVAILABILITY OF FACILITY OR SERVICES: It is agreed that members will not hold Di-Fit responsible or liable for any mechanical breakdown, fire, catastrophe or other unfortunate circumstances that deems the facility or its services temporarily unusable at any particular time.

CANCELLATION OF MEMBERSHIP: There are no refunds on cancellations of memberships paid upfront or in advance. Any cancellation of membership requires you to inform Di-Fit and to sign paperwork. We cannot cancel your membership over the phone / fax or email.

SUSPENSION PROCEDURE: There are no suspensions for Di-Fit 12 Week Challenge Training Program.

TOWELS: A towel must be used while training at the gym. Towels can be purchased from us.

ATTIRE: Please refrain from wearing jeans or other studded clothing which may damage our equipment upholstery. No muddy work boots /shoes allowed! Please wear proper trainers /joggers/runners shoes for exercising ☺

CONDUCT: It is agreed that Di-Fit may expel from the gym or classes any person who violates any of the terms and conditions of membership, or who conducts themselves in a manner deemed detrimental to the welfare of other members, the gym and its staff.