

Services offered for Gym Based Personal Training Sessions / Hybrid Coaching / Online Coaching / Body Transformation Challenge will be:

- Nutritional Coaching by WhatsApp or any other Social Media platform.
- Daily Motivation.
- Weekly Check in – Action Plan to follow via “Videocall or Presential”.
- Meal Nutrition Plan (If required)
- Monthly Body Composition analysis
- Monthly Voucher Gift – The Mindset Shop

Services times:

- Monday to Friday 8:30 AM Opening time (first check text of Athletes) / 9 AM (First PT session) to 6:00 PM Close time (Last PT Session to be taken). (Last check text of Athletes will be at 7:30 PM).
- Saturday 8:30 AM Opening time (First check text of Athletes) 12 PM (First PT Session) to 3 PM (Last PT Session to be taken). (Last check text of Athletes approximately before 5 PM).
- Sunday is Closed and it will not be given any Services at all.
- During the Closing Services Times and Sunday, any emergency or important text, or important questions must be by call! +44 07780466441

(The Mindset Team will be back to you as soon as we can).

- Any stop of Gym Based Personal Training sessions/ Hybrid Coaching / Online Coaching / Body Transformation Challenge will stop Nutritional Coaching as well).
- Gym Based Personal Training sessions/ Hybrid Coaching / Online Coaching / Body Transformation Challenge must be use, from the first day of service with a 30/60/90 days running from the first day of use.

Cancellations:

- No Refund will be given for any special event or occasion.
- You can freeze The Mindset Services just for Holidays and Serious Illness with a proof from The Hospital or Doctor.

(One-week notification in advance for holidays and 24 hrs. notice for serious illnesses)

Just for (Gym Based Personal Training Sessions & Hybrid Coaching / Body Transformation Challenge)

- Cancellation must give **24 Hrs.** In Advance by Call, if not The Training Session will be lost completely.

The Gym based training session & Hybrid Coaching / Body Transformation Challenge will long lasts up to 60 Mins (Depend on your Fitness Level)

Read:

Any medical health conditions need to be disclosed in the application form.

Any advice given on supplements, nutrition, training, emotional well-being, and physiology is just advice and should under no circumstance be taken as prescriptive.

Our fees are charged for coaching and information passed on to each client and are payable in advance.

Services are paid via bank transfer or Direct Debit.

We strongly advise to seek a full consultation from your GP or medical professional before undertaking any of our programs or guidance

After signing this contract, you understand and agree with the terms and conditions laid out by The Mindset Fitness.

This contract will be valid for 3 years.

HAPPY TO HAVE YOU AS PART OF THE MINDSET FAMILY!

GRATEFUL FOR LIFE! - THE MINDSET TEAM.

FULL NAME:

EMAIL ADDRESS:

ADDRESS:

POSTCODE:

SIGN:

DATE: