

Terms & Conditions



Personal Training These terms and conditions govern the Personal Training services provided by evolution fitness & health.

- All personal training packages are to be pre-paid on a rolling monthly period via direct debit until cancelled. Payment will be due from the bank you have provided details of on the date of the sale or 1st of each month or the next working day. One off personal training sessions are to be pre-paid via bank transfer 48 hours prior to the session.
- Cancellation of monthly personal training packages must be given in writing and with 14 days notice from the monthly renewal date at evofitnessandhealth@yahoo.com.
- Should you notify us with less than 14 days' notice of your wish to cancel your personal training package evolution Fitness & Health will endeavour to process your cancellation request before the next payment is taken but cannot guarantee this.
- Your personal training sessions are personal to you and cannot be loaned/transferred to another person.
- You the client are responsible for notifying us of any changes to your personal details, including payment & health details which may affect your personal training.
- Should a client arrive late to a scheduled session evolution Fitness & Health will still expect to finish the session at the pre-agreed time.
- Should evolution Fitness & Health arrive late to a scheduled session, this session will be extended to cover the pre-agreed session (60 minutes).
- evolution Fitness & Health reserves the right to walk away from any session if at any time they feel uncomfortable or threatened. Should this happen, the client will not get a refund or may not access any further sessions. Clients must make household members aware of the training session/visit and what it entails.
- Mobile personal training is subject to an additional charge (for fuel & travel costs) of £5 where the (one way) distance is over 5 miles from Barnstaple.
- Should it be necessary for evolution Fitness & Health to cancel a session we will give you 24 hours' notice. In unforeseen circumstances we will always endeavour to offer a rescheduled session. If this is not possible, we will refund this session.
- The duration of each personal training session is (60 minutes).
- If you've booked a session with evolution Fitness & Health but are unable to attend this booking, you must give us 24 hours' notice of the cancelled booking to ensure a refund or rescheduling is possible. Failure to notify evolution Fitness & Health with 24 hours' notice of a cancelled booking will mean you lose this session (unless under exceptional circumstance).
- The company reserves the right to modify these terms and conditions at any time without prior notice.

By enrolling in the personal Training services, clients agree to abide by these terms and conditions.

Nutrition coaching These terms and conditions govern the Online Nutrition Coaching services provided by evolution fitness & health. evolution Fitness & Health offers personalised nutrition coaching services to help clients achieve their health & fitness goals.

- The nutrition coaching services require a minimum **commitment of 3 months**, paid monthly in advance.
- After the initial 3 month period, the services will continue on a month-to-month basis until cancelled by either party.
- Payment will be due from the bank you have provided details of on the date of the sale or 1st of each month or the next working day. Failure to make timely payments may result in suspension or termination of service.
- After the initial **3 month commitment**, either party may cancel the service by providing 30 days written notice. Cancellation requests must be submitted via email to evofitnessandhealth@yahoo.com.
- No refunds will be issued for the current month's payment if the services are cancelled before the end of the month.
- Clients must provide accurate and up-to-date information about their health, dietary restrictions, and goals.
- Clients are responsible for following the recommended nutrition and lifestyle plans provided by evolution Fitness & Health.
- evolution Fitness & Health services are intended for general wellness and should not be considered a substitute for professional medical advice, diagnosis, or treatment.
- evolution Fitness & Health shall not be liable for any damages, losses, or injuries resulting from the use or misuse of the provided services or materials.
- evolution Fitness & Health reserves the right to modify these terms and conditions at any time without prior notice.
- evolution Fitness & Health may terminate the services at any time if a client violates these terms and conditions.

By enrolling in the nutrition coaching services, clients agree to abide by these terms and conditions.

Sleep Coaching These terms and conditions govern the online Adult Sleep Coaching services provided by evolution fitness and health. evolution Fitness & Health offers personalised sleep coaching services to help clients improve their sleep quality and overcome sleep-related issues.

- Sleep coaching services may include an initial consultation, personalised sleep plans, regular check-ins, and ongoing support as agreed upon between the client and evolution Fitness & Health.
- Clients are responsible for following the recommended sleep strategies, techniques, and routines provided by evolution Fitness & Health.
- Payment must be made in advance for the **6-week Adult Sleep Coaching course**.
- Clients must provide accurate and up-to-date information about their sleep habits, health conditions, and any relevant medical history.
- Clients are responsible for implementing the recommended sleep strategies and techniques in their daily routine.
- evolution Fitness & Health will maintain the confidentiality of client information and any personal data shared during the sleep coaching process.
- evolution Fitness & Health may use non-identifying, anonymised data for research, statistical, or promotional purposes.
- The sleep coaching service provided by evolution Fitness and Health are intended for general wellness and should not be considered a substitute for professional medical advice, diagnosis, or treatment.
- evolution Fitness & Health shall not be liable for any damages, losses, or injuries resulting from the use or misuse of the provided sleep coaching services or recommendations.
- evolution Fitness & Health reserves the right to modify these terms and conditions at any time without prior notice.
- evolution Fitness & Health may terminate the sleep coaching services if a client violates these terms and conditions.

By enrolling in the sleep coaching services, clients agree to abide by these terms and conditions.

Type 2 Diabetes Remission Roadmap These terms and conditions govern the Type 2 Diabetes Remission Roadmap services provided by evolution fitness and health. evolution Fitness & Health offers personalised fitness, nutrition & sleep coaching services. The 16 week program is designed to guide you towards managing and putting you on the road to Type 2 Diabetes remission.

- Clients **must commit to a minimum of 16 weeks** of participation in the course.
- After the initial 16-week period, the coaching will automatically continue on a month-to-month basis unless cancelled by the either party with appropriate notice.
- The first payment is paid monthly in advance, *Payment will be due from the bank you have provided details of on the date of the sale or 1st of each month or the next working day. Failure to make timely payments may result in suspension or termination of service.*
- Payments for the month-to-month continuation will be processed monthly on the same date as the initial payment date.
- *No refunds will be issued for the current month's payment if the services are cancelled before the end of the month.*
- Payments must be made via stripe or other approved payment methods.
- *Clients must provide accurate and up-to-date information about their health, dietary restrictions, and goals.*
- *Clients are responsible for following the recommended nutrition guidance and lifestyle plans provided by evolution Fitness & Health.*
- After the initial 12-week period, clients may cancel their enrolment by providing a 30-day written notice. Cancellation requests must be submitted via email to evofitnessandhealth@yahoo.com.
- The program will be active for 30 days following the receipt of the cancellation notice, during which the client will have full access to the program services.
- Fitness Coaching includes personalised fitness plans sent via the evolution Fitness & Health app.
- Nutrition Coaching includes bespoke coaching and nutrition advice
- Sleep Coaching includes strategies and support for improving sleep patterns and sleep quality.
- All coaching and resources will be provided through the program's online platform.
- evolution Fitness & Health may use non-identifying, anonymised data for research, statistical, or promotional purposes.
- *The coaching service provided by evolution Fitness and Health are intended for general wellness and should not be considered a substitute for professional medical advice, diagnosis, or treatment.*
- *evolution Fitness & Health shall not be liable for any damages, losses, or injuries resulting from the use or misuse of the provided coaching services or recommendations.*
- evolution Fitness & Health will maintain the confidentiality of client information and any personal data shared during the coaching process.
- evolution Fitness & Health reserves the right to modify these terms and conditions at any time without prior notice.
- evolution Fitness & Health may terminate the coaching services if a client violates these terms and conditions.

By enrolling in the sleep coaching services, clients agree to abide by these terms and conditions.

