

Terms & Conditions – Lisa Nicoletti Fitness

By purchasing or participating in any services provided by Lisa Nicoletti Fitness, you agree to the following terms.

1. Services

Lisa Nicoletti Fitness provides:

- Small Group Personal Training
- Online Coaching (RESET Programme)
- Classes and training sessions

All services are delivered as described on the website and booking platform.

2. Health & Safety

You confirm that:

- You are physically able to participate in exercise
- You have disclosed any medical conditions, injuries, or concerns
- You will complete a health questionnaire if required

You participate in all exercise at your own risk.

3. Bookings & Payments

- All sessions and memberships must be booked and paid for in advance
- Payments are non-refundable unless otherwise stated
- Memberships are billed monthly unless agreed otherwise

4. Cancellations

- A minimum of 24 hours' notice is required to cancel or reschedule sessions
- Late cancellations or missed sessions will be charged in full
- Unused sessions are non-refundable and non-transferable

5. Memberships

- Memberships are ongoing unless cancelled
- A minimum notice period of 14 days is required to cancel or change a membership
- Sessions must be used within the billing period unless agreed otherwise

6. Trial Sessions

Trial sessions are subject to availability and any stated expiry dates or conditions.

7. Online Coaching (RESET Programme)

- RESET is a 12-week coaching programme
- Full payment or agreed payment plan must be in place before starting
- Due to the nature of the programme, payments are non-refundable once started

8. Code of Conduct

Clients are expected to behave respectfully at all times.

Lisa Nicoletti Fitness reserves the right to refuse service if behaviour is inappropriate.

9. Liability

Lisa Nicoletti Fitness accepts no liability for injury, loss, or damage sustained during sessions, except where caused by proven negligence.

10. Changes to services

Lisa Nicoletti Fitness reserves the right to amend session times, coaches, or services where necessary.

11. Contact

For any questions regarding these terms, please contact:

✉ lisa@lisanicoletti.com