



**12 Week Bio Age Challenge**  
**PAYMENT & DISCLAIMER/WAIVER**

**PLEASE READ & KEEP THIS ON FILE FOR YOUR INFORMATION**

**TERMS & CONDITIONS**

**1. FEES AND PAYMENT**

The Program Fee set out in this contract must be paid in full to Pro-Fit Corporate Health prior to the commencement of the Program.

**2. CANCELLATION**

**No refunds or credit** will be given if you fail to complete the program.

**3. WARRANTY AND RELEASE**

You hereby acknowledge to Pro-Fit Corporate Health that you are physically capable of and there is no medical reason to prevent you from undertaking the Fitness Classes program. Pro-Fit Corporate Health relies on the above warranties in allowing you to undertake the Fitness Classes program.

You acknowledge that whilst participating in the Fitness Classes program, your person and your property are at your own risk. You acknowledge that you release and indemnify Pro-Fit Corporate Health in respect of and Pro-Fit Corporate Health hereby excludes, to the extent permitted by law, all liability for any injury loss or damage to person or property (whether direct, indirect, special or consequential) suffered by you while you are participating in the Fitness Classes program, however that injury, damage or loss is caused, including if it is caused by the negligence of Pro-Fit Corporate Health.

**SAFETY IS OUR PRIORITY**

1. If you suspect you have sustained an injury or feel the effects of a previously known condition, cease all activity and bring it to the attention of the instructor **IMMEDIATELY**.
2. Please bring a towel and water bottle to every session.
3. Fitness Classes can be a great form of exercise whilst pregnant. **PLEASE** inform your Fitness Classes instructor when pregnant.
4. We are not interested in forcing you to do any activity you feel at risk of any danger, please inform the instructor if you think an exercise is too risky for you.