**KIMMYJFITNESS COMMUNITY T&CS**

**COMMUNITY CLASS ETIQUETTE**

* All participants must fill in and sign **Physical Activity Readiness Questionnaire/ Liability Waiver** **before** taking part in any class, this can be done prior to attending a session & will be attached to your booking confirmation, please make sure this is filled in, signed & dated before attending your session.
* All class participants must be signed in on arrival, this is so we know who is in the class in the unlikelihood of an evacuation.
* Please ensure that you arrive for classes in good time. We may refuse entry if you are late upon arrival and/or if you miss the warm up, this is a vital part of the workout and mandatory for health and safety reasons, should you miss the warmup you will not be permitted entry.
* Please ensure that you wear appropriate footwear such as trainers and suitable clothing such as gym wear, bring your own water & any other relevant equipment needed for the session,

wear deodorant and antiperspirant.

* Be kind, courteous and mindful of your other participants in class at all times, also be mindful & respectful of the surrounding areas when you arrive and leave.

• Listen to the Instructors instructions at all times as they have a duty of care to you and other participants.

* We do not under any circumstances tolerate any type of discrimination, abuse, bullying & mistreatment of any equipment or property. Should any of this take place under the operations of KimmyJFitness you will immediately be asked to leave and will be removed from any future classes.

**BOOKING A CLASS**

We operate our booking system through Bookwhen which is a well established and reliable booking site. Simply follow the link

<https://bookwhen.com/kimmyjfitness> to be taken to the KimmyJFitness booking page where Kims current classes are listed. You will then need to book onto the classes you wish to take part in. If you are new there will be a Physical Activity Readiness Questionnaire & Liability Waiver Document that you will need to fill in which is attached to your booking form as a document please print this off and bring to class with you.

You will need to make payment at the time of your booking which is currently on a pay as you go basis. We do operate waiting lists, if a class is fully booked simply click “join waiting list” & your name will be added and you will be notified if a space becomes available, again this is on a first come first serve basis so it is strongly recommended to book your places **ASAP** to to save disappointment.

Payments when making your booking will be taken via Stripe which is a secure online payment portal which allows you to use a debit or credit card.

We no longer accept walk ins to classes, all sessions must be pre-booked and paid for.

**BOOKING ESSENTIAL**

All classes operate via a booking system where you pay upon making a booking. Please note that classes can get busy especially at peak times so booking is essential for you to secure your place, we would strongly recommend to book ASAP to save disappointment or when you definitely know you can attend, bookings are open until the class begins if you wish to book on last minute providing there is space left. Should you wish to cancel a class please adhere our cancellation policy. Classes are now capped for health and safety to ensure there is enough room to comfortably move.

**CANCELLATION POLICY**

We operate a **strict cancellation policy**. We do understand that things come up in everyday life that can change your plans but please be respectful that we are a business and that other participants could have your place. We **DO NOT** offer refunds on bookings & we **NO LONGER** offer transfers on bookings since COVID 19 Please be respectful of this.

**ONLINE WORKOUTS (KIMMYJFITNESS ONLINE)**

During the COVID-19 lockdown we introduced our online studio which provides on demand mix n match home workouts. These contain **NO BRANDED** classes such as Clubbercise, Broadway Boogie or BopBack as they are for community classes only. Participating in a pre-recorded or live streamed class is very different to participating in a class face to face with the instructor. Whilst both are fun, there is a bigger responsibility to YOU as the participant to ensure that you are following your instructions to get a safe and effective workout. Please remember to clear the space you are working out in so that there are no hazards, make sure your area is well ventilated, work at your own pace, take breaks if needed, keep well hydrated.

​If you are under the age of 16, pregnant or suffer from any form of photosensitivity or light sensitivity epilepsy, these classes are **not** suitable for you. Listen to your body, take the class at your own pace and choose lower impact options if you find the high impact moves too challenging. Before taking part you must read & tick the DISCLAIMER checkbox, by carrying on without you are doing so at your own risk.

**KIMMYJFITNESS ONLINE SUBSCRIPTION**

By subscribing to the website you are signing up for access to the online home workout library at a cost of £20.00 for **one month access** to our home workout library. We do not offer any refunds once payment is complete.

**RETURNS POLICY**

We **do not** offer refunds on any completed payments.

Classes - see our cancellation policy

Merchandise - We only issue exchanges within 14 days of purchase but only in cases such as if your item is damaged or not working.

**CONTACT DETAILS:**

Facebook Page: Kimmy J Fitness – Fitness The Fun Way

Web: [www.kimmyjfitness.com](http://www.kimmyjfitness.com)

Email: [kimmyjfitness@hotmail.com](mailto:kimmyjfitness@hotmail.com)

Contact number: 07724087516

**LOYALTY SCHEME**

**\*DO A DOUBLE CLASS ON THE SAME DAY AND RECEIVE LOYALTY CARD YOUR 5TH DOUBLE CLASS FREE\***

I do offer a loyalty card system if you attend back to back classes on the same day. If you complete 4

double classes (doesn’t have to be consecutive) you get your 5th double class FREE! Saving you £10!

All other classes are pay as you go basis. All other loyalty schemes are operated monthly via our social media pages.

**BLOCK BOOKING**

You can book your classes up to a month in advance.

**MERCHANDISE**

Clubbercise is an official licensed brand, brand new glow sticks are available to buy at £5 per pair via cash only. Clubbercise classes are only licensed to have their own glow sticks used as they have been tried & tested and are safe to use. Unfortunately you are not able to bring your own glowsticks unless they are official Clubbercise ones.

Please ensure that you regularly change your batteries LR44.

We do have a small selection of old loan glow sticks available should you not want to buy your own, please be mindful that these are only to borrow and must be handed back at the end of the session.

We do sell other merchandise for classes and offer exchanges or refunds with 14 days of purchase.

**EQUIPMENT**

At KimmyJFitness we supply most of the equipment that you will need for certain sessions such as mats, weights, resistance bands & loan glow sticks. You are welcome to bring your own mat should you want to. Please treat this equipment with respect, should any equipment be intentionally damaged you will be asked to replace.

**INTELLECTUAL PROPERTY RIGHTS**

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