

TERMS AND CONDITIONS

Total Transformation Personal Training

Contact Information

Peter Erdos

BSc Hons of Human Kinetics,
Corrective Exercise Specialist,
Neurokinetic Therapy Practitioner,
Sports Massage Therapist,
Personal Trainer &
Body Transformation Coach,
Founder of
Total Transformation Personal Training
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Personal Trainer Qualification

Peter Erdos (Peter) is a Level 3 Personal Trainer (Certificate number: 1884-139625). He earned his Bachelor of Science (BSc) with honours in human kinetics (sport sciences) from the University of Physical Education and Sport Sciences in Budapest, Hungary, he is a Neurokinetic Therapy practitioner and a Sports Massage Therapist, and he also has a Corrective Exercise Specialist qualification from the National Academy of Sports Medicine (Certificate number: 557774).

Initial Consultation

In this informal conversation lasting about 30-40 minutes, Peter and the Client will discuss their goals, their current and previous exercise habits and their diet, after which Peter will share his plans of how he can help. If the Client chooses to take the next step, they can either pick one of Peter's personal training packages or purchase one or two taster sessions at a discounted price. These sessions will demonstrate how Peter structures his training sessions and will allow the Client to familiarise their self with their own level of fitness. The taster sessions will also provide the opportunity for Peter to observe the Client's lifting techniques, movement patterns, and areas for improvement. In addition, they will allow Peter and the Client to learn how compatible their personalities will be in continuing their professional relationship. Being open and honest in their communication with each other will allow their fitness journey together to begin on a positive note.

First training session

Peter will gather information of the Client's strength, cardiovascular fitness and other elements which will be the baseline of the Client's fitness journey.

Subsequent training sessions

Peter will closely monitor the training sessions to make sure the Client is getting the most out of their sessions and to be able to compare their performance statistics to earlier sessions. Each session will be programmed to help the Client in reaching their goals, and the content of each session highly depends on the number and frequency, the Client's

fitness level, training age (how much the Client has exercised in the past) and other pertinent factors. The Client's uniquely tailored training programme will ensure that their body is adapting to the increased activity level. In addition, session structure may change from time to time to reduce boredom and set new challenges, work on different energy systems and target certain muscles in different ways.

Payment Policy

Once accepted as one of Total Transformation Personal Training's clients and decision made on which package the Client choose, payment must be made before the first session. The Client may not attend any training sessions without paying for the relevant session. Packages are payable by cash or bank transfer (bank details will be given in writing to the Client in person).

It is possible for us to create a custom package for the Client's needs if necessary. Prices may vary.

All payments are non-refundable.

Once purchased, all sessions must be used within the agreed time frame. Any sessions not used due to inactivity within the stated time frame will not be refunded and will be deemed null and void.

Attendance

Although packages contain a set amount of training sessions per week, it is possible to add extra sessions to the training programme. Additional training sessions must be booked and paid in advance in cash or by bank transfer. Packages last for four, eight or twelve weeks (based on the package Client has chosen) regardless of starting date. Sessions cannot be carried over to the fifth, ninth, thirteenth week unless holiday, illness or serious medical condition caused the Client's absence. Peter expects consistent and faithful attendance for the Client to achieve their set goals. The Client will kindly ensure adequate sleep the night before each training session. The Client should not attend any training session whilst feeling exhausted and unable to concentrate. Lack of concentration may lead to injury, in which case Total Transformation Personal Training is not responsible.

Training Time

The length of a session depends on the intensity of the training session, but it is never shorter than 30 minutes and not longer than 60 minutes. All sessions are expected to begin promptly at the scheduled time. Sessions will not be extended due to lateness of the Client or due to interruptions caused by the Client. If Peter is more than 15 minutes late for a scheduled appointment, the training session will conclude at the original time and a free training session will be offered as compensation. Peter reserves the right to alter the dates and times on any occasion with 24-hour notice.

Cancellations/Rescheduling

A 24-hour cancellation policy applies to scheduled sessions. Sessions cancelled or rearranged less than 24 hours in advance will be charged in full. If a session is cancelled within 24 hours by Peter, a complimentary session will be offered. The cancellation policy will be adhered to in all cases. Without 24 hours' notice of cancellation, the Client will be

charged for the missed training session, regardless of the reason. Sessions can be cancelled or rearranged by contacting Peter Erdos directly by phone (calling or texting, no voicemail) on 07460279257 or by email (peter.erdos@totaltransformationpt.com) only.

Holidays

All holidays should be planned well in advance, and all parties should notify each other accordingly. In case the Client is planning to take an extended holiday, a home training plan will be provided on demand.

Results

The training programme is designed to help the Client achieve their fitness goals. Results depend on the Client's co-operation with the requirements of the training programme before, during and after sessions (training plan, nutrition plan, physical activity on non-training days, etc). Results of participation in the programme vary between clients and cannot be guaranteed. The Client must keep to the training programme and not alter it in any way without obtaining Peter's approval. Clients who display tendencies to stretch the truth about their eating habits, physical activities outside of the gym, medical conditions, etc. and therefore consistently fail to meet Peter's minimal expectations of progress will risk dismissal from training sessions.

The Gym Location

DW Fitness First Spitalfields
7 Frying Pan Alley, Spitalfields, E1 7HS

During The Training Session

It is the Client's responsibility to let Peter know of any positions or movements which are uncomfortable or painful. If the Client is light headed and/or feeling sick, they must let Peter know immediately.

Progression

Peter closely monitors the Client's progress by documenting the data regarding the amount of weight lifted, the number of repetitions performed during certain exercises, the length of a set, etc. Based upon these records over time and his knowledge, experience and training, Peter may change the Client's training plan if necessary to achieve maximum results for the Client. Measurements are taken fortnightly, unless the Client requests this service weekly. Changes in the nutrition plan may also be required based on the results and/or the Client's goals, which will periodically be re-evaluated through ongoing discussion between Peter and the Client.

Contact Information

The Client is responsible for keeping Total Transformation Personal Training (Peter) updated on their most current contact information (i.e. mobile phone numbers, addresses, emergency contacts, email addresses). Total Transformation Personal Training's (Peter's) contact information is always included with every email, on their website (www.totaltransformationpt.com), and in print on their business cards. If texting, phoning or emailing Total Transformation Personal Training for any reason, the Client should not

expect an immediate answer. Peter will do his best to check the received messages throughout the day between training sessions, but it may be particularly difficult during heavily booked days. The Client should not leave voicemail; instead, they should send a text with their name and a short enquiry, and Peter will be in contact as soon as possible.

Changes to Policies and Procedures

Total Transformation Personal Training reserves the right to change any of these policies and procedures at any time, and will provide these changes in writing.