



ZEN BOOTCAMP CLIENT AGREEMENT

1. **Billing agreement:** All payments are to be made on a quarterly basis through the online portal Zen Planner which is accessed through www.zenbootcamp.co.uk. Payments are processed through 'Optimal Payments e-commerce solutions'. The only other option is single payments at site and these can be paid for with I-Zettle portable payment systems.
2. **Length of sessions and appointment times:** Each training session is based on a 60 minute workout. To get the most out of our efforts, please be ready to exercise at the appointed time. There is also an optional run club which starts at 10am which won't be charged for in addition to the boot camp, other than the yearly maintenance fee of £25.
3. **Cancellation policy:** As this is a block of sessions booked as a group booking, if you can't make a session it will count as a missed session as part of your block.
4. **Expiration of sessions:** This investment is either: an initial twelve week, 6 month or twelve months commitment depending on your requirements. For example with the 12 week package, sessions will expire after 16 weeks.
5. **Release of results upon program completion:** Client photos and testimonials are requested upon initial program completion (12 weeks).
6. **Use of nutritional supplements:** To guarantee safety, we request that all clients do not use any potentially dangerous stimulants like "diet" or "fat burning" pills of any kind. To ensure optimal results, we offer and recommend Forever Living Products, which may be discussed at your initial consultation.

I have read this agreement and accept these policies.

Client signature

Date