



FITQUEST TERMS AND CONDITIONS

Thank-you so much for choosing us as your new fitness and wellness coaches! We are so glad to welcome you to the FitQuest family, and it is our goal to make sure you get the very best service from us, so that you reach your personal health and fitness goals while having a great time with us!

Please read through the following points and PLEASE come and have a chat to us (or WhatsApp or email us) if you have any questions or concerns:

GROUP FITNESS VENUES

Monte Vista Tennis Club Hall (Tulbagh Street, Monte Vista, just off the main road) – focusses on large Group Fitness (Group Training) classes. These classes are ideal for people of all fitness levels.

Diamant Crescent, Welgelegen – (54 Diamant Str, Welgelegen) – focusses on small Group Fitness Sessions. These sessions are limited to a maximum of 5 members per sessions – Confirming your attendance is essential as classes have limited space.

TIMETABLE: Tulbagh Street Monte Vista - Just off the main Rd (Monte Vista Blvd)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 – 6:55pm Body Conditioning (Condition & Toning & Strength) @Diamant Crescent	6:00 – 6:55pm Body Conditioning (Condition & Toning & Strength) @Diamant Crescent	6:15 – 7:00pm DANCE @MV Tennis Club Hall	6:00 – 6:55pm Body Conditioning (Condition & Toning & Strength) @Diamant Crescent	

GROUP CLASSES FEE STRUCTURE

FEE STRUCTURE:	PER SESSION	TOTAL PER MONTH
Single sessions (class by class)	R77	R77 / class
Attending 2 classes per week	R65	R520 / month
Attending 3 classes per week	R50	R600 / month
Attending 4 classes per week	R40	R640 / month

CLASS DESCRIPTIONS:

BODY CONDITIONING:

This class is made up of various training methods! Class will be varied every time and can be a combination of any of the following: Weights training, Cardio, Toning, Conditioning and Stretching. Suitable for absolutely ALL fitness levels, and Beginners! (Progressions and levels will be offered as options during the class for “Beginners”, “Intermediates”, and “Advanced” so that we can cater for EVERYONE). Back to Basics takes it back to the foundations of fitness and conditioning.

DANCE:

Dance drills and Dance moves to popular music. In this class, we mix various genres and styles of dance to give you a great cardio and conditioning workout. Sweat! No previous dance experience required!

ATTENDANCE

You are not obligated to attend the same classes every week. If, for example, you have signed up for 2 classes per week, you are welcome to do different sessions every week and mix and match your classes. An advantage of the classes here is that we allow you to “catch up/ make-up” classes. So (for example), if you know you are going on holiday, you are welcome to fit in the classes that you are going to be missing before and/or after your “time out”, provided you do this within a month of your return. Same goes for if you become ill. We are happy for you to catch-up the classes you’ve missed provided it’s done within a month of your returning from being off.

1. FEES AND CONTRACTS

We operate on a month by month system, where you will pay your class fees upfront for the month. We do not charge any joining fees or admin fees. You have the full right to “upgrade” to one of the options to attend more classes per week. You also have the full right to “downgrade” to one of the options of taking fewer classes per week, HOWEVER... Upgrades and Downgrades have to happen at the beginning of the new month as the new monthly fee will then apply. As far as “cancellations/stopping training” goes... You are certainly NOT tied into a fixed term contract with us, and therefore you are free to “cancel” OR “take a break” at any time, HOWEVER we do ask that you see the month through. Fees are paid at the beginning of each month, and should you wish to leave us half way through a month that is absolutely fine, however, you will not be refunded the remainder of the month.

OUR BANKING DETAILS:

LEB Scheffers

ABSA Transact 9376011839

Branch Code 632005

(Ref: Your name and surname)

****Please note that all payments need to be done in the 1st week of every month (Unless you've made alternative arrangements with us).***

2. CLASS ATTENDANCE LOGGING

We have a class register set up. At the beginning of each month, we need you to please SIGN for the month, and then we ask that you quickly check yourself in (tick your attendance on the appropriate date) next to your name when you arrive for class. We run this very simple system for a few reasons:

- 2.1) It will serve as a reminder for you to let the instructor know if you have any new injuries or anything they may need to know about before class begins
- 2.2) To help you and us, track your classes, and it encourages you (and us) to see that your attendance is regular
- 2.4) It forces you to come and say HI to the instructor!

3. WHAT YOU NEED TO KNOW TO PARTICIPATE IN CLASS:

- 3.1) The duration of each class is:
45min for all the Group Training Sessions
- 3.2) Every prospective member (at the Monte Vista Venue) gets to do three FREE trial sessions (different sessions to try out a variety of class types), before making any decisions about joining.
- 3.3) Please wear comfortable gym clothing that will not restrict your movement. Please wear appropriate footwear (gym trainers).
- 3.4) Please bring along: WATER BOTTLE, SWEAT TOWEL and your **OWN GYM MAT**
(Gym Mat = whichever style of exercise mat you prefer to work with. You can purchase gym mats from Sportsman's Warehouse, Game, Makro or Mr Price Sports and there are a few different types to choose from. You are welcome to pick whatever mat you feel would work best for you. Some people prefer working with camping mats and that is absolutely fine). If you are just doing your free trial class, do not worry about bringing a gym mat if you don't already have one (you can use the instructor's mat). Once you make the decision to join you can then go ahead and purchase a mat of your choice.
- 3.5) PLEASE remember to sign in for your session next to your name. Also, remember to inform the instructor of any injuries or conditions that may affect you during the class BEFORE the session commences – We want to look after you as best we can (so some exercises may need to be modified for you)!
- 3.6) TIMETABLE: Please note that the timetable is worked out in the best way to accommodate a variety of classes and we will (as far as possible) add classes where there is demand. If classes are not being well attended and we feel those slots could benefit more people if we change (or remove) the class, then we will adjust the timetable accordingly. You will always be notified of long term/permanent changes to the timetable well in advance. Please also note, that if something happens that one of the regular classes cannot take place due to unforeseen circumstances we will give you as much notice as possible (EG If the hall is unavailable for some reason etc.). In the case of an emergency, (where the regular instructor cannot get to the class for whatever reason) we will do everything possible to ensure that another instructor takes the class. (Cancelling a class is an ABSOLUTE last resort).

4. PUBLIC HOLIDAYS, YEAR-END AND ANNUAL LEAVE

- 5.1) We do not run our regular classes on Public Holidays. (We do however try to have classes for charity on Public Holidays at the Monte Vista Venue, and these classes will be open to all FitQuest members and their family and friends)
- 5.2) Christmas: We close from 24 December to the 2nd Monday in January. For this reason December and January's fees will be reduced and you will only pay $\frac{3}{4}$ of your usual monthly fee.
- 5.3) New Year: We will re-open for the year on the 2nd Monday in January.
- 5.4) Annual Leave: If we do take a leave break during the year, we will make sure that there are still classes running with guest instructors. (It MAY be that we need to run a “skeleton timetable” during such a period. In this case, we will make sure that fees are adjusted accordingly for that time)

5. OUR CONTACT DETAILS:

Luke Scheffers: 083 443 2908

Michelle Nakan: 083 709 6733

Our e-mail address: info@fitquest.co.za or michelle@fitquest.co.za

Check out our Website: www.fitquest.co.za

Find us on Facebook: <https://www.facebook.com/fitquestfitness>

6. INDEMNITY / DISCLAIMER (All FitQuest members agree to the following indemnity clause)

This is what you will be signing for when you sign in the register every week:

I acknowledge that I am participating in the FitQuest classes at my own risk. If I have any medical conditions, injuries or concerns, I am responsible for obtaining clearance from my personal physician before joining or continuing with any classes. If I have any medical symptoms, it is my responsibility to acquire medical attention. FitQuest and its trainer/s accept no responsibility and or liability for any injuries or mishaps occurring before, during or after training. I choose to attend FitQuest classes at my own risk. FitQuest and its trainer/s is/are not responsible for any lost or stolen items during the time leading up to, during or after attending any of the sessions.

7. PERSONAL TRAINING

Please contact Luke if you are interested in personal training sessions. There are various packages available. See details on our website.