



VIRTUAL CLASS BOOKING TERMS AND CONDITIONS

1. Once booking and payment is completed you are automatically booked into your nominated class and will be contacted with a link to join the virtual class on SKYPE
2. If you are unable to make your session or you are not able to connect to the virtual session for any reason we have a pre-recorded workout that you can access here <https://youtu.be/iuEL2ATjLA> in place of the virtual session.
3. There will be no refunds offered.
4. Please make sure you are cleared by a medical professional before commencing this fitness class and you are feeling well to move your body.

VIRTUAL MOVEMENT/FITNESS/WELLNESS CLASSES

MEE ACTIVE

DISCLAIMER: Warning, this is a legal document that affects your rights

Agreement for participating in the VIRTUAL FITNESS/WELLNESS/MOVEMENT CLASSES refers to the Australian Registered Business 'MEE ACTIVE'. The 'Activity' refers to the participation in personal / group strength, fitness and conditioning training and general advices.

- I acknowledge that it is a condition of participating in this activity that I do so at my own risk
- I accept all risks and hereby indemnify and release the trainer, their agents, affiliates, employees, members, sponsors, promoters and any person or body directly and indirectly associated with the trainer, against all liability (including liability for their negligence and the negligence of others) claims, demands and proceedings arising out of or connected with my participation in this activity

- This release and indemnity continue forever and binds my heirs, successors, executors, personal representatives and assigns
- I acknowledge that participating in this activity may involve a risk of serious injury or even death from various causes including over exertion, dehydration, equipment failure and accidents with equipment and surroundings

I recognize the difficulties associated with the activity and attest I am physically fit to participate safely in the activity and that a qualified medical practitioner has not advised me otherwise

- I understand the demanding physical nature of this activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health if I participate in this activity my Trainer will be immediately informed. By continuing to participate in this activity, I accept the risks despite these conditions and still, and will always be under the terms of this agreement.

I understand and allow that I may be filmed during this workshop for social media and website promotions

- I certify that I am 18 years or older and have read this document and fully understand it or As a parent or guardian of the participant, I agree to the above for myself and on behalf of the participant and I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity or the terms referred to

If any issues should arise please feel free to contact us:

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***Female Health and Performance Coach
Pelvic Floor and Core Specialist
Movement/Lifestyle/Mindset Coach***

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