

**REGULATIONS AND TERMS OF PERSONAL TRAINING FOR 1**

Apply from 11.12.2024

1. Training plans are conducted on the premises of the Przystań on Eisenberga Sports and Recreation Center. Members and Trainers are required to adhere to the rules outlined in the main regulations of the club.
2. The training plan is valid from the date of purchase and can only be fulfilled after payment according to the selected package. In the event that hours specified in the purchased package are not used within the specified period, they will be considered as fulfilled. In exceptional cases, extending the period for using the remaining training sessions is subject to the Management's decision.
3. Training sessions may only be conducted on the premises of the Przystań on Eisenberga Sports and Recreation Center during the facility's operating hours.
4. Training packages can only be purchased by individuals who are at least 18 years old, with proof of age required.
5. Training packages purchased by members have specific validity periods:
  - a) 1 personal training session package – valid for 7 calendar days,
  - b) 4 personal training sessions package – valid for 30 calendar days,
  - c) 8 personal training sessions package – valid for 45 calendar days,
  - d) 12 personal training sessions package – valid for 55 calendar days,
  - e) 16 personal training sessions package – valid for 65 calendar days.
6. To purchase more than 1 personal training session, a club card must be purchased and a one-time activation fee of PLN 22.00 (twenty-two zloty) must be paid. This fee is non-refundable and must be paid at the time of purchasing the package.
7. If the club card is lost, damaged, or destroyed, it must be reported immediately to the authorized personnel of the Center. Issuance of a new card will occur after payment of a fee of PLN 22.00 (twenty-two zloty) at the reception. This fee is non-refundable.
8. The 12-session and 16-session packages can be suspended once for a period of 7 to 14 days during the active period of the package. Suspension requests should be sent via email to bok@przystannaeeisenberga.pl.
9. Members are assigned to a specific Trainer, but they may request a change of Trainer during the course of the package, or the Coordinator may make changes regardless of the member's assessment. The Center is also obligated to appoint a substitute Trainer if the designated Trainer is unable to fulfill the package.
10. Members are advised to carefully select and purchase the training package, as fees for commenced packages are non-refundable.
11. The value of the personal training package cannot be exchanged for cash.
12. In case of unforeseen health issues confirmed by a medical certificate, members may suspend their current personal training package for a period determined by the Management. The Center does not guarantee the continuation of personal training with the same Trainer.
13. Members must arrange training sessions directly with their designated Trainer to set the date and time of the training.
14. Personal Trainers do not have medical qualifications. Therefore, members should undergo medical examinations and consult their primary care physician to obtain a certificate of fitness for physical activity before starting training with the Trainer.
15. Failure to comply with the above medical clearance requirement places responsibility for any potential health complications on the member.
16. Members must inform their Trainer of any health problems to adjust the training plan according to their condition.
17. Members should clearly define their goals and rely on the Trainer's expertise and qualifications to achieve the desired results. Adhering fully to the Trainer's recommendations regarding exercises, diet, and supplementation is essential for improving physical appearance, fitness, and other desired traits.
18. Personal training sessions last 60 minutes. Any request to shorten the training time will be considered as a completed session, and the difference in time cannot be made up in another session.
19. Training sessions can be canceled by either party with 12 hours' notice. The cancellation can be done in any form, provided there is proof of receipt.
20. If a member fails to inform the Trainer of their inability to attend the scheduled session without 12 hours' notice, the session will be deemed completed, and the member will not be entitled to an additional session unless the absence was due to force majeure, which must be clearly justified.

21. Both members and Trainers must be punctual for scheduled personal training sessions. If a Trainer is late (up to 30 minutes), they must complete the training session for the full scheduled time at no additional cost or continue for the full 60 minutes if agreed upon. If the Trainer is more than 30 minutes late, they will complete the session for the full scheduled time at no charge and provide one additional free training session.
22. If a Trainer fails to show up for a scheduled session due to deliberate fault, the member is entitled to one additional free training session. This does not apply to instances of force majeure that prevent the Trainer from conducting the session.
23. Both the Trainer and the Member are required to inform each other of any circumstances that could affect the training plan.
24. Recording audio, video, or taking photographs during sessions without the Trainer's consent is prohibited.
25. Smoking, consuming alcohol or other intoxicants, and attending sessions in an intoxicated state are prohibited. Any member excluded from a session for these reasons will not receive a refund.
26. The content of these regulations may change. All changes require written form and notification to members through the website and publicly accessible locations.
27. Members have the right to terminate the agreement with effect from the end of the validity period of the purchased service if the regulations change.
28. The deadline to submit a notice of termination due to regulation changes is 14 days from the date of the notice about the change. If no notice is given within this period, it is assumed that the member accepts the changes.
29. Purchasing a training package signifies acknowledgment and acceptance of these Terms and Conditions, as well as all other regulations applicable at the facility.

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Date and signature of a client

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Date and signature of a trainer