

REGULATIONS AND TERMS OF PERSONAL TRAINING FOR 2

Apply from 11.12.2024 r.

1. Training plans are carried out on the premises of Centrum Sportu i Rekreacji Przystań na Eisenberga. Both the Club Member and the Trainer are required to adhere to the rules in effect at the club, as detailed in its main regulations.
2. A training plan is valid from the date of purchase and can only be redeemed after payment according to the selected package. Unused hours within the validity period of the package are considered redeemed. In exceptional cases, extending the period for using the remaining training sessions is subject to the decision of the Management.
3. Trainings can only be conducted on the premises of Centrum Sportu i Rekreacji Przystań na Eisenberga during the facility's operating hours.
4. Training packages can only be purchased by individuals who are at least 18 years old, upon presenting proof of age.
5. Training packages purchased by Club 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 one personal training session, a club card must be purchased, along with a one-time activation fee of 22.00 PLN (twenty-two zlotys). This is a non-refundable, one-time fee payable at the time of purchasing the package.
7. In the event of loss, damage, or destruction of the club card by the person using the services of Centrum Sportu i Rekreacji Przystań na Eisenberga under the purchased training package, the issue should be promptly reported to authorized personnel. Issuing a new card will require a fee of 22.00 PLN (twenty-two zlotys) for card replacement, payable at the reception. This fee is non-refundable.
8. The 12 and 16 personal training session packages can be suspended at any time, free of charge, once during the activity of the package for a period of not less than 7 days but not exceeding 14 days. Suspension of the package must be reported by sending an email to bok@przystannaeeisenberga.pl.
9. Club Members are assigned to a specific Trainer, but they may change Trainers during the execution of the training package, or changes may be made by the Coordinator, regardless of the members' preferences. Centrum Sportu i Rekreacji Przystań na Eisenberga is also required to assign a substitute Trainer if the designated Trainer is unable to complete the package.
10. Club Members are responsible for carefully selecting and purchasing individual training packages, as the payment for an initiated package is non-refundable.
11. The value of the personal training package cannot be exchanged for cash.
12. In cases of unforeseen circumstances related to health issues confirmed by a doctor's opinion, Club Members may suspend their current personal training package for a period determined by the Management. Centrum Sportu i Rekreacji Przystań na Eisenberga does not guarantee the continuation of personal training sessions with the same Trainer.
13. Suspension of a personal training package for 2 people always applies to both individuals.
14. Personal training sessions for 2 people are always conducted as a pair. If one person is absent, the session is considered completed, and the absent person is not entitled to an additional session.
15. Club Members should designate a single contact person who will coordinate with the designated Trainer to schedule the date and time of the training session.
16. The personal Trainer does not have medical qualifications. Therefore, Club Members should undergo medical examinations and consult their primary care physician to obtain a certificate confirming that they have no health contraindications for physical activity.
17. If the above point (16) is not followed, each Club Member assumes responsibility for any potential health complications.
18. Club Members must inform the personal Trainer of any health problems to adapt the training plan to their condition as much as possible, especially for sessions involving 2 people.
19. If one person's health condition significantly hinders the Trainer's ability to conduct sessions designed for 2 people, the Trainer may, after the package ends, refuse to continue training in the current arrangement, offering individual sessions according to the applicable price list.

20. Club Members should clearly define their goals for working with the personal Trainer and rely on the Trainer's competence and qualifications to achieve the desired results. Full adherence to the Trainer's recommendations regarding exercises, nutrition, and supplementation is essential for improving physique, fitness, and other targeted attributes.
21. Club Members understand that a training package for 2 people does not guarantee 100% customization of the training plan to the needs of both individuals due to factors such as health status, fitness level, body structure, age, training experience, lifestyle, previous injuries, etc. This may result in slower achievement of goals.
22. Personal training sessions last no longer than 60 minutes. Any reduction in training time at the Club Members' request will be considered as the session being completed, and there is no entitlement to make up the difference at another time.
23. Training sessions may be canceled by either party with at least 12 hours' notice. The cancellation can be made in any form, provided that the information is effectively received.
24. If Club Members do not inform the Trainer of their inability to attend the scheduled training session with 12 hours' notice, the session will be considered completed, and Club Members will not be entitled to an additional session, unless the absence was due to force majeure, which clearly justified and excused their absence.
25. Both the Club Member and the Trainer should be punctual for scheduled personal training sessions. If the Trainer is late (up to 30 minutes), they are required to complete the training plan within the originally scheduled time (60 minutes) free of charge, or continue the session for 60 minutes if agreed upon by the Club Members. If the Trainer is late by more than 30 minutes, they will complete the session free of charge, and Club Members are entitled to one free additional session (one appointment for 2 people).
26. If Club Members are late for a personal training session, they are not entitled to an extension of the session time, including if one person from a pair is late.
27. If the Trainer deliberately fails to attend a scheduled session, Club Members are entitled to one additional free training session (one appointment for 2 people). This does not apply to force majeure situations where the Trainer was unable to attend the session.
28. Centrum Sportu i Rekreacji Przystań na Eisenberga is not responsible for poor communication between Club Members and, consequently, failure to adhere to the agreed time for canceling or rescheduling training sessions.
29. Both the Trainer and the Club Members are obligated to inform each other of any circumstances that may impact the execution of the training plan.
30. Purchasing a training package signifies that the buyer has read and accepted the terms of this Regulation.

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Date and signature of a client

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Date and signature of a trainer