

AMF ONLINE LIABILITY WAIVER

Participating in a live streamed class is very different to participating in a class face to face with the instructor. Whilst both are fun, there is a bigger responsibility to you as the participant to ensure that you are following your instructions to get a safe and effective workout.

Please complete the form below, and do not hesitate to contact your instructor with any questions:

In consideration of being allowed to participate in the activities and programmes of Anna Martin Fitness, I do hereby waive, release and therefore discharge Anna Martin Fitness from any and all responsibility or liability for injuries or damage resulting from my participation in any activities using a live stream method for delivery.

I understand and I am aware that strength, flexibility and aerobic exercise including the use of equipment where specified, are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and use of equipment where specified with the knowledge of the dangers involved.

I hereby agree to expressly assume and accept all and any risks of injury and death.

I am aware that I have the right to request advice from any of the Anna Martin Fitness team, at any time, in relation to the activities and exercise being undertaken and, but not exclusively, their suitability for me, with particular regard to my health and clothing.

If I choose not to take the advice, or to disregard any advice so given, I do so voluntarily and accept liability for all resulting injuries or damage.

I do hereby declare myself to be physically sound and suffering from no impairment, disease or infirmity or other illness (other than those stated) that would prevent my participation in live streamed fitness classes or activities except as herein stated.

I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in activity and use of equipment where specified without the approval of my doctor and do hereby assume all responsibility for my participation and activities

Regular physical activity is fun and healthy and is safe for most people. However, some people should check with their doctor before they start becoming physically active. Please ensure you agree with the below statements before continuing:

My doctor has NEVER said that I have a **heart condition** & should only do exercise recommended by a medical professional.

I do NOT feel **pain in my chest** when I perform physical activity.

I have NOT had **pain in my chest** at any time within the last three months.

I do NOT have a **bone or joint problem** that could be made worse by participating in this or any other exercise session provided by Anna Martin Fitness.

I am NOT **pregnant** - please contact Anna if you already come to class and have recently become pregnant.

I do NOT lose my balance because of **dizziness** or lose consciousness.

I do NOT suffer from **photo-sensitive epilepsy** (if planning on attending a Clubbercise class or a class directly before Clubbercise where the lights may be turned on before the previous class has exited the hall).

I do NOT know of any other reason why I should not take part in physical activity.

I WILL inform Anna or any other qualified member of staff if any of the above changes.

INFORMED CONSENT STATEMENT

I have read, understood and agree with the above statements to the best of my knowledge. The information given is true to the best of my knowledge and belief. I hereby consent to take part in AMF classes at my own risk. If I have any known health problems I will discuss them with my instructor. If he/she offers any reason for not joining in this exercise programme I will adhere to his/her recommendations. I understand that the risks of undertaking physical activity and exercise may include disorders of heartbeats, abnormal blood pressure response, and, very rarely, a heart attack or death. I understand that I can withdraw my consent or discontinue participation in any aspect of the fitness programme at any time without penalty or prejudice towards me.

AMF Online T&Cs

TO CANCEL AN IN-PERSON CLASS

We operate a strict cancellation policy as classes are very popular. You must cancel your booking on your online account no later than 10hrs before the scheduled start time or you will lose your payment or be charged a fine. Please respect this and have consideration for other members so they can book into your space. We understand that things pop up in every day life that can suddenly change your plans, but please cancel your space as soon as you know if you cannot make it. WE DO NOT ACCEPT CANCELLATIONS OVER THE PHONE, TEXT OR EMAIL as these may not be picked up in time. Simply log-in on the app or via the link on the website to cancel your booking.

CANCEL MORE THAN 10HRS BEFORE CLASS:

No problem! For those of you who paid in advance either on pay-as-you-go rate or with a 10 Class Pass, then your payment shall be credited back to your account to use for a future booking.

CANCEL LESS THAN 10HRS BEFORE CLASS (pay-as-you-go or 10 Class Pass):

Payment will not be refunded. When you book for your classes, this policy is outlined in our Terms & Conditions.

CANCEL LESS THAN 10HRS BEFORE CLASS (Gold Memberships):

A fine of £1.50 shall be applied to your account and charged to your stored card details. When you book for your classes, this policy is outlined in our Terms & Conditions. Once you click to book, you therefore agree to our terms and authorise the £1.50 charge.

If you have any problems with cancelling your booked classes on your online account, please contact Anna ASAP.

Waiting Lists for in-person classes

We operate waiting lists for all classes on our timetable if the class is full. All members must have a valid payment option available (see above) to secure their space on the waiting list. If you get a space in the class, AMF will send an automatic email update to inform you. Please note that the 10hr cancellation policy also applies to the waiting list, so if you receive a space in class less than 10hrs before the class start time and fail to turn up then you will be charged. If you know before the 10hr cut-off that you can no longer make it, please remove yourself from the waiting list to avoid gaining a space and being subsequently charged.

By clicking "Place Order" you confirm you have read and accepted our terms and conditions displayed on www.annamartinfitness.co.uk paying special attention to the no refund policy & the 10 hour cancellation policy for in person classes.

All online and in-person customers are accepting the policies as displayed in other sections - the liability waiver, the cancellation & purchase policy and the returns policy.

Please note that all classes may be videoed or photographed by Anna. please inform her directly if you do not wish to be captured in either format.

Please also note that Anna Martin Fitness can prevent you from attending classes or online classes at any time. This measure can be taken in, but not limited to, the following situations:

- You do not abide by instructions given to you by the instructor either online or in-person
- You are rude, abusive or anti-social to ANY client or instructor of Anna Martin Fitness, this includes but is not limited to territoriality in classes and persistent speaking during sessions and use of mobile phones during class times
- You use your mobile phone to record or photograph ANY AMF sessions without prior permission. Please note you can take stills of online sessions but these MUST NOT be recorded for longer than 15 seconds at a time. AMF content is created and owned by Anna Martin Fitness for the most part and ALL logos are copyrighted and trademarked.
- Overtly sexual comments or gestures. The communication of any racist, homophobic or extreme views in or outside of the Anna Martin Fitness classroom. This includes social media.

Instructors

We love having you to come and join us in person and online. To clarify, NONE of the classes in-person or online constitute training or permission to use either the Clubbercise or AMF World Ltd brands, content or concepts. In order to deliver any content you undertake as part of attending Anna Martin Fitness classes, please visit www.amf.world or www.clubbercise.com

Refund Policy

No refunds, returns or name transfers at any time.