

Terms and Conditions 2025



Effective Date: October 2025

Instructor / Business Name: Move with Mel

Contact: contact@movewithmelpt.com

1. Acceptance of Terms

By accessing this website or booking a session, you confirm that you have read, understood, and agree to these Terms and Conditions. If you do not agree, please do not participate in our programs or use our services.

2. Health and Medical Clearance

You confirm that you are in good physical health and have **medical clearance from your doctor** to participate in exercise activities.

You agree to:

- Disclose any medical conditions, injuries, or medications that may affect your ability to exercise safely.
- Promptly update your health information if it changes.
Participation without proper clearance is at your own risk.

3. Assumption of Risk

You understand that all forms of physical exercise carry inherent risks — including injury, illness, or aggravation of existing conditions.

By participating, you **voluntarily accept all associated risks** and are responsible for your own safety.

4. Waiver and Release of Liability

To the fullest extent permitted by law, you agree to **release Move with Mel**, its instructors, employees, and affiliates from any liability for injuries, damages, or losses arising from your participation in exercise sessions, whether in person or online.

5. Emergency Medical Consent

In the event of an emergency, you authorise the Instructor to obtain medical care deemed necessary. You agree to be responsible for any related costs.

6. Bookings

- Bookings can be made in advance via Instagram: [melhuggins_pt](https://www.instagram.com/melhuggins_pt) or via email: contact@movewithmelpt.com
- Drop-in sessions are available as advertised and charged per session.
- All new members are required to complete a **New Member Form** before partaking in a Move With Mel session.

7. Payments

- Payment in advance of sessions required, options for payment include:
 - - BACS Transfer to Move with Mel Business Account
 - - Cash payments accepted

- Gift vouchers available to purchase, contact for more information
- Payment is required before participation unless otherwise arranged with the Instructor.
- Payment can be made at the session or in advance.

8. Cancellations

- Payment is required prior to participation unless otherwise agreed.
- Cancellations must be made at least 2 hours before group sessions or at least 24 hours before 1:1 sessions to avoid being charged.
- If a session is not cancelled within these time frames, the full session cost will be charged.
- If a client does not show up for a scheduled session, it will be considered a “no-show” and will be charged at the full rate.
- If a client needs to cancel or reschedule due to an unforeseen emergency or illness, the session will not be considered a late cancellation or no-show, provided the client supplies documentation of the emergency or illness.
- The Instructor reserves the right to reschedule or cancel sessions when necessary and will provide as much notice as possible.
- Clients may cancel their membership or package at any time; however, unused sessions are non-refundable.

9. Conduct and Safety

Participants must follow all safety instructions. The Instructor reserves the right to deny or terminate access to services if unsafe or inappropriate behaviour occurs.

10. Confidentiality & Data Protection

All personal and health information you provide will be kept confidential and used only for training and safety purposes.

Please see our Privacy Policy for more details on how we handle data.

11. Updates to Terms

We may update these Terms and Conditions from time to time. The latest version will always be available on this website, and continued participation constitutes acceptance of any updates.

12. Acknowledgment

By checking the box at registration or before participating, you acknowledge and agree to the following statement:

I have read and understood the Terms and Conditions, understand that exercise involves risks, confirm I am medically fit and have doctor clearance to participate, consent to emergency treatment if needed, release Move with Mel from liability, and will update any changes to my health or personal information.