



## **D'Fitness Training & Coaching Agreement**

Welcome to D'Fitness! We are committed to helping you achieve your health, wellness, and fitness goals through personalized training, group classes, and coaching programs. This agreement sets out the terms and conditions of our services to ensure your experience is positive, professional, and safe.

### **1. Scope of Services**

We provide:

- **Personal Training** tailored to individual fitness levels
- **Group Fitness Classes** for strength, mobility, cardio, and mindfulness
- **Health & Wellness Coaching** focusing on sustainable habits, nutrition, and lifestyle support

All programmes are designed with the goal of supporting your personal development and well-being.

## 2. Health Disclosure & Medical Clearance

- You must disclose any known medical conditions, recent injuries, surgeries, medications, or other health concerns that may affect your ability to participate safely.
- **D'Fitness reserves the right**, at its sole discretion, to request written clearance from a licensed medical professional before or during participation.
- The **responsibility lies solely with the client** to disclose relevant health information and provide medical clearance when required.

## 3. Assumption of Risk & Waiver of Liability

- You understand that physical training involves inherent risks, including the risk of injury, illness, or exacerbation of pre-existing conditions.
- You agree to participate voluntarily and accept full responsibility for your own health and safety.
- **D'Fitness**, its staff, contractors, and partners shall not be held liable for any injury or adverse outcome resulting from participation in our sessions, whether supervised or unsupervised.

## 4. Client Conduct & Responsibilities

Clients agree to:

- Attend sessions on time and in appropriate attire
- Disclose changes in health status promptly
- Follow all safety instructions and studio policies
- Respect the studio space, staff, and fellow clients
- Commit to their goals with honesty and consistency

## 5. Privacy & Consent for Data Collection

- We collect personal information such as your name, contact details, health information, session records, and preferences.
- We use third-party platforms, including **Mindbody**, to manage bookings, communications, payments, and marketing. These platforms adhere to privacy and data protection standards.
- D'Fitness' Privacy Policy can be found on the Mindbody app under D'Fitness and also on our website [www.D'fitness.com.sg](http://www.D'fitness.com.sg)

- Mindbody’s Privacy Policy can be found on the Mindbody website under [Privacy Policy](#)
- By signing this agreement, you consent to the **collection, use, and sharing of your data** with third-party platforms as required for service delivery and studio operations.

## 6. Communication & Marketing

- You may receive booking confirmations, schedule updates, wellness content, and promotional offers via email, SMS, or notifications through our website or apps.
- You may update your preferences or opt out of marketing communications at any time by contacting us or managing your account settings.

## 7. Cancellation & Refund Policy

- Sessions must be cancelled or rescheduled at least 24 hours in advance to avoid charges, otherwise full charges will apply.
- Refunds or credits may be offered at the discretion of D’Fitness based on circumstances.

## 8. Agreement and Acknowledgment

By signing below, you confirm that:

- You have read and understood this agreement
- You accept responsibility for your own health and safety
- You agree to disclose all relevant health information
- You consent to the use of your data as described above

**Client Name :**

**D’Fitness**

**Signature :**



**Darren Lim**

**Date :**

**Director**

