



Terms and Conditions:

1. House Keeping:

1.1 If you wish to participate casually in a different class to what you are booked in, or you will be away, please let us know via email info@zhw.com.au or SMS 0433 712 611, at least one hour before. ZHW classes are carefully tailored and planned to give the ultimate health prescription for each individual involved. To be fair to other participants it is essential to know who is coming.

1.2 If you wish to change your class day permanently please apply via email so we can check class availability and let you know.

1.2 Always bring your own boxing gloves/mitts or a pair of white protective gloves to each class or you cannot use the class gloves for hygiene reasons.

1.3 If you miss your class you may make it up at another class within the following fortnight. Again you must let us know via text or email at least one hour before. No classes can be carried over into the following term.

1.4 10 Flexipass is not transferrable, or refundable and must be used within a 5 month period after purchase.

2. Safety

2.1 All new clients must have filled out the pre-exercise questionnaire and discussed goals and limitations **before** the commencement of training in any ZHW classes.

2.2 You *must* let the instructor know if you have or feel you have an injury. Prevention is a lot easier than cure, and often we can work around injuries and sometimes, even help with rehabilitation.

All exercises used in ZHW classes are accredited by leading fitness industry standards. However injuries do occur, often from underlying postural problems or previous misuse of joints.

- It is completely your responsibility to report injuries to the instructor and also to follow the instructors exercise prescription properly.

3. Bad Weather

3.1 Classes will be cancelled in extreme weather conditions, such as torrential rain, extreme heat waves etc. If the weather is too much for you and the class goes ahead, it is still your responsibility to let the instructor know you won't be attending and then book in your make up class. No refunds are given due to poor weather.

3.2 If the weather is suspicious check the *Twitter* display box of www.zhw.com.au one hour before class for updates. If ZHW cancels then you can book in a make up class anytime before the commencement of the following term.