



BounceStep Fit - Rebound Fitness Classes Terms and Conditions

Effective Date: 01-09-2024

Welcome to BounceStep Fit! Our Rebound Fitness classes are designed to provide you with a high-energy, low-impact workout that is both fun and effective. To ensure a safe and enjoyable experience for all participants, please carefully read and agree to the following Terms and Conditions.

1. Payment Methods

- **Accepted Methods:** Payment for classes can be made via credit card, debit card, bank transfer, or any other methods specified by BounceStep Fit at the time of booking.
- **Payment Timing:** All payments must be made in full before the commencement of the class. For memberships or class packages, payment must be completed at the time of purchase.
- **Late Payments:** Late payments may result in the cancellation of your booking and the forfeiture of your spot in the class.

2. Class Cancellation Policies

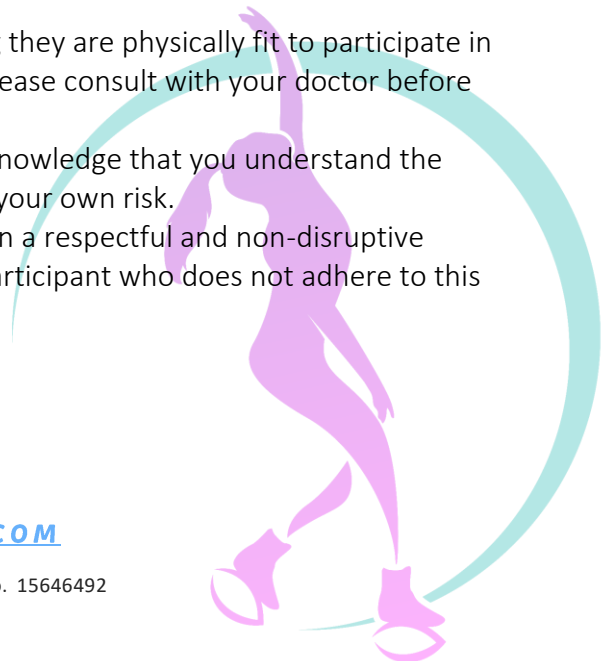
- **Participant Cancellations:** Cancellations made more than 24 hours before the scheduled class will receive a full refund or credit towards a future class. Cancellations made within 24 hours of the class will not be eligible for a refund or credit.
- **Studio Cancellations:** In the event that BounceStep Fit needs to cancel a class, participants will be notified as soon as possible, and a full refund or credit will be provided.

3. Participant Responsibility

- **Health and Fitness:** Participants are responsible for ensuring they are physically fit to participate in Rebound Fitness classes. If you have any health concerns, please consult with your doctor before joining the class.
- **Informed Participation:** By participating in the class, you acknowledge that you understand the nature of the exercises involved and agree to participate at your own risk.
- **Behavior:** Participants are expected to conduct themselves in a respectful and non-disruptive manner. BounceStep Fit reserves the right to remove any participant who does not adhere to this policy.

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4. Health and Safety Guidelines

- **Medical Conditions:** Please inform the instructor of any existing medical conditions or injuries prior to the start of the class.
- **Hydration and Attire:** Participants should bring their own water bottles and wear appropriate workout attire.
- **Injury Prevention:** Follow the instructor's guidelines and use the equipment as directed to prevent injury. If you experience any pain or discomfort during the class, stop immediately and inform the instructor.

5. Instructor Qualifications

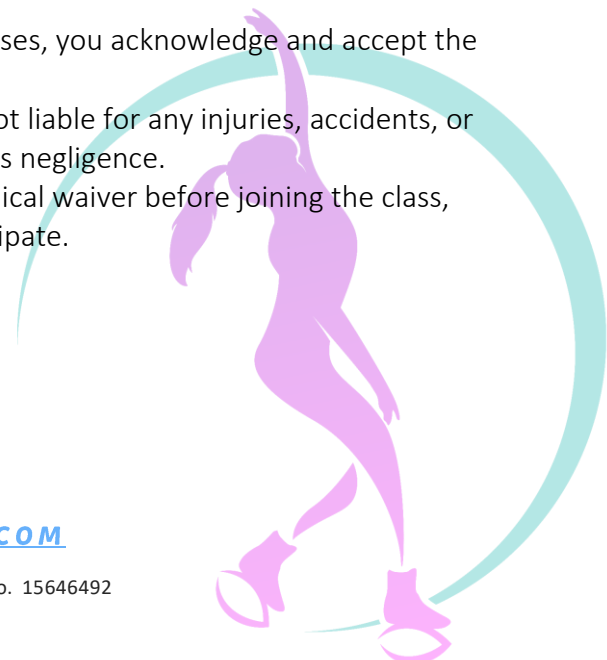
- All BounceStep Fit instructors are certified fitness professionals with specialized training in Rebound Fitness. They are knowledgeable in proper techniques and safety procedures to ensure a positive experience for all participants.

6. Equipment Usage

- **Provided Equipment:** BounceStep Fit will provide all necessary equipment for the Rebound Fitness classes, including rebound boots.
- **Proper Use:** Participants must use the equipment as instructed by the instructor. Any misuse of equipment that results in damage may incur repair or replacement costs charged to the participant.
- **Personal Equipment:** If you choose to bring your own equipment, it must be approved by the instructor for safety purposes.

7. Liability Waivers

- **Assumption of Risk:** By participating in Rebound Fitness classes, you acknowledge and accept the inherent risks associated with physical exercise.
- **Release of Liability:** BounceStep Fit and its instructors are not liable for any injuries, accidents, or damages that occur during the class, except in cases of gross negligence.
- **Medical Waiver:** Participants may be required to sign a medical waiver before joining the class, acknowledging that they are in good health and fit to participate.





8. Emergency Procedures

- **Emergency Contact:** Participants are required to provide an emergency contact number when signing up for classes.
- **First Aid:** In the event of an injury or medical emergency, BounceStep Fit instructors are trained in basic first aid and will take appropriate action, including calling emergency services if necessary.

9. Fitness Level Requirements

- **General Fitness:** Rebound Fitness classes are designed for individuals with a basic level of fitness. Modifications can be provided for different fitness levels, but participants should inform the instructor if they are beginners or have any specific fitness concerns.
- **Age Restrictions:** Participants must be at least 16 years old to join the class. Minors may be allowed with parental consent and at the discretion of BounceStep Fit.

10. Refund Policies

- **Class Refunds:** Refunds for single classes are subject to the cancellation policies outlined above.
- **Membership and Package Refunds:** Refunds for memberships or class packages are not generally offered, except in cases of medical emergencies, relocation, or other exceptional circumstances, as determined by BounceStep Fit.
- **Transferability:** Class credits or packages may be transferable to another individual upon request and approval by BounceStep Fit.

11. Additional Terms

- **Modification of Terms:** BounceStep Fit reserves the right to modify these Terms and Conditions at any time. Participants will be notified of any changes, and continued participation in the classes will constitute acceptance of the revised terms.
- **Privacy Policy:** All personal information collected by BounceStep Fit will be handled in accordance with our Privacy Policy, which is available on our website.

12. Acceptance of Terms

By signing up for and attending a Rebound Fitness class at BounceStep Fit, you agree to abide by these Terms and Conditions

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