

# **The Women's Reset**

## **TERMS AND CONDITIONS**

### **Programme Terms and Conditions**

If you need to move your start date we can be flexible however please give as much notice as possible.

Once you have been sent your log-in details and you have been added to the app, refunds cannot be given. Except in exceptional circumstances. Should you wish to cancel before this period we can process a full refund, minus a £25 admin fee to accommodate processing fees. The membership is also transferable to someone else prior to the onboarding process.

After the initial four week programme, you will have the option to continue with our Advanced programme for an additional 3-months. This can be purchased immediately after your programme ends or you can opt out of the programme and rejoin at a later date to suit you if you prefer.

By signing up for the Women's Reset Programme, I acknowledge that I have read the above release and waiver of liability and fully understand its contents and voluntarily agree to all of the terms and conditions.

We never share your data with any other party whatsoever and all of our information is controlled via password-protected systems. For any more information on our terms and conditions please email us directly at [info@amandahamilton.com](mailto:info@amandahamilton.com)

### **Liability Waiver**

By signing up for the Women's Reset programme, I accept and understand that this programme includes some optional physical exercises such as Pilates, HIIT or Tabata that can sometimes be strenuous. As is the case with any physical activity, I accept that the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. I also understand that taking part in this programme is entirely at my own risk.

I hereby agree to the following:

I acknowledge and affirm that I am competent to decide whether or not to participate in group HIIT, Tabata or Pilates classes and I will make an informed choice before doing so.

I am fully aware of the risks and hazards involved in practicing any of these as part of this programme.

I understand that this programme is not a substitute for medical attention, and none of the hosts leading the experience are qualified to examine, diagnose, or treat any condition. This programme is a supportive experience, not a therapeutic one.

I understand that it is my personal responsibility to consult with a physician prior to and regarding my participation should I be worried about the risks to my health.

I represent and warrant that I am physically well, and I have no medical condition(s) that would prevent my full participation in group sessions or workshops offered by Amanda Hamilton on this programme.

I understand that it is my responsibility to update Amanda Hamilton as to any changes in my medical condition in consideration for being permitted to participate in any exercise or Pilates classes or the programme as a whole. I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of my participation.

I knowingly, voluntarily, and expressly waive any claim I may have against Amanda Hamilton for any injury or damages that I may sustain as a result of my participation.