Terms and Conditions for Strength in Motion

**Effective Date:** 05/03/2025

These Terms and Conditions ("Terms") govern your use of the website **Strength in Motion** (the "Site") and the services, including training, classes, and workshops (collectively referred to as the "Services"), provided through or by Strength in Motion ("we," "our," or "us"). By accessing or using our website and services, you agree to be bound by these Terms. If you do not agree with these Terms, you must not use our website or Services.

**1. Use of the Website and Services**

* You agree to use the Site and Services in accordance with all applicable laws and regulations. You may not use the Site or Services for any unlawful or prohibited purpose.
* You must be at least 18 years old or have parental consent to access or use the Site and Services.
* You are responsible for maintaining the confidentiality of your account information and for all activities that occur under your account.

**2. Account Registration**

* To access certain features of the Site, including signing up for classes or workshops, you may be required to create an account. You must provide accurate and complete information during the registration process.
* You agree to promptly update your account information if it changes.
* You are responsible for keeping your account login credentials secure and agree to notify us immediately of any unauthorised use of your account.

**3. Services Provided**

Strength in Motion offers a variety of training services, classes, and workshops. These may include but are not limited to:

* Group or private training sessions
* Fitness classes, workshops, or events
* Virtual or in-person sessions

The availability of these services is subject to change, and we reserve the right to modify, suspend, or discontinue any services at our discretion.

**4. Payment and Fees**

* Fees for classes, workshops, and services will be outlined during the booking or registration process.
* Payments must be made in full at the time of registration or according to the payment terms provided. Payment methods include [list accepted methods].
* All fees are non-refundable except as required by law or under specific circumstances outlined in our Refund Policy.

**5. Cancellation and Refunds**

* If you need to cancel or reschedule a class or workshop, you must notify us at least [insert number of hours/days] in advance.
* For cancellations made within [insert time frame] before the session, a full or partial refund may be provided at our discretion.
* Any refund requests will be reviewed on a case-by-case basis. Please refer to our Refund Policy for more details.

**6. Health and Safety**

* You are responsible for ensuring that you are physically able to participate in the activities provided by Strength in Motion. You should consult with a healthcare professional before participating in any fitness-related activities if you have any concerns.
* You acknowledge that there are inherent risks in physical activity and agree to waive any claims against Strength in Motion for any injury or damage incurred during classes, training, or workshops.

**7. Content on the Website**

* The content on our Site, including text, images, videos, logos, and other materials, is owned by Strength in Motion or our content providers and is protected by copyright and other intellectual property laws.
* You may not copy, reproduce, distribute, or use any content from the Site without our express permission.
* You agree not to post or upload any content that is unlawful, harmful, or violates any rights of third parties.

**8. Privacy Policy**

Your use of the Site and Services is also governed by our **Privacy Policy**, which explains how we collect, use, and protect your personal data. Please read it carefully.

**9. Termination of Access**

We reserve the right to suspend or terminate your access to the Site and Services at our discretion, including if you violate these Terms or engage in inappropriate conduct.

**10. Limitation of Liability**

* To the fullest extent permitted by law, Strength in Motion will not be liable for any indirect, incidental, special, or consequential damages arising from your use of the Site or Services.
* Our liability for direct damages shall be limited to the amount paid by you for the specific service or class that gave rise to the claim.

**11. Indemnification**

You agree to indemnify and hold harmless Strength in Motion, its affiliates, employees, and agents from any claims, damages, or expenses (including solicitor’s fees) arising out of or related to your use of the Site and Services, including any violation of these Terms.

**12. Governing Law**

These Terms and any disputes arising out of or related to them shall be governed by and construed in accordance with the laws of the United Kingdom.

**13. Changes to Terms**

We reserve the right to update or modify these Terms at any time. When we make changes, we will post the updated Terms on this page with the new effective date. It is your responsibility to review these Terms periodically to stay informed of any changes.

**14. Contact Us**

If you have any questions or concerns about these Terms and Conditions, please contact us at:

Strength in Motion  
Email: leanne@strengthinmotioncornwall.co.uk