

Privacy Policy

When you start classes or PT and every January thereafter you are required to complete the overleaf PARQ form. This is for your safety so that the Instructor is aware of any underlying conditions or physical issues and can give you alternative or modified exercises where necessary. The Instructor may, dependent on your responses to the medical questionnaire, require you to consult your Doctor prior to commencing.

You'll notice you are asked to provide your name, address, date of birth, contact details – email & phone, and next of kin's details. These details will be kept for an initial 12 months, and a further 12 months every time you fill in a PARQ. Your details will not be sold to any other company, or passed to anyone without your consent. Your details will be added to our mailing list and you may be contacted via MailChimp or Gill Hodgson Fitness to keep you up to date with offers & information from Gill Hodgson Fitness, if you have provided your email address. You must opt in to receive emails.

If you don't wish to opt in, please don't complain that you are not kept up to date with current offers and information.

Photographs of classes and clients are very useful in publicising the range of fitness products offered. You should opt in on the PARQ if you are happy for your photograph to be used in promotional ways, such as on Facebook or through local news publishers such as The Horncastle News. If you have not opted in, your photo should not be used in this manner.

Your personal details are held physically in a secure locked fireproof cabinet. They are destroyed after a maximum of 5 years, or sooner if required.

Respect Policy

Rudeness will not be tolerated in any form.

Do not swear or gesticulate rudely at the Instructor.

Do not raise your voice or behave aggressively towards the Instructor.

Instructors are present in a class to ensure your safety.

Instructors will use different types of motivational style in different classes.

In Metafit you might be shouted at – lower! Faster! Etc

In Keep Fit Fun you might be advised about your posture or other technical issues.

Instructors may occasionally lay hands on you to adjust your position, where verbal instruction has failed. If you prefer not to be touched – inform the Instructor prior to attendance.

Do not lay hands on the Instructor.

Do not argue about the booking policy below.

You can disagree with it, but arguing it will not change it.

Speak politely – you'll get further.

Gill Hodgson reserves the right to terminate your attendance at class, during a class if necessary, without refund. This includes Class Passes & Block Bookings.

You can't behave in any of the above manners and try to justify it as 'I was only joking'. That's unacceptable.

BOOKING POLICY

Book online at bookwhen.com/gillhodgsonfitness for Metafit & KFF

Book by 4pm on the day of the class

Cancel by 4pm on the day using the booking system, not by contacting the Instructor.

Cancellations after 4pm on the day will be charged for the class. You will be expected to pay at the next session you attend with cash or class pass.

You can of course turn up without booking. But if the Instructor cancels the class you will not be notified.

Persistent low numbers will result in cancelled classes.