

Women's Only Boxing & Fitness Program

- Terms & Conditions -

(Read This Before Signing!)

Before you can join the Academy, you must complete the following

1. Read, fill out and sign all information supplied online and at the Gym/Academy, (If applicable.)

Contract & Guidelines (Terms and Conditions) are as follows

1. You must be 16yrs+ to participate in the Women's Only Boxing & Fitness Programs, no experience required.
2. Registrations for this program on our website www.fightandfitnessacademy.com. Registrations close on Saturday the 22/03/2025 at 10pm.
3. Full payment is due by Sunday the 23/03/2025 before 10pm. We require a minimum of 10 people for the program to commence. If we do not get the minimum numbers required with payment received in full by Sunday 23/03/2025 before 10pm, those that have paid will get a full refund or transferred to the next available course (if preferred.). There are no refunds after the course has begun.
4. There is no maximum number cut off, the more the merrier.
5. If you own your own gear and do not require a pack, the program will decrease by \$50.00.
6. If your personal details or medical background changes you are to let the coaches, and the receptionists know so we can make the necessary changes to your records. This cannot be done over the phone as we require proof of identification. If your medical background changes and you have any concerning injuries, infectious or contagious conditions, it is to our discretion whether we will allow you to remain in the program. There will be no refunds made if you are terminated from the program.
7. This package is for you and you alone. You cannot pass this package on to someone else if you no longer wish to attend sessions or can no longer attend.
8. Your X1 Personal Training (PT) session is with Zsana Henry - you will speak with her to organize your session, and it must be used before the end of the program - used by the 19/04/2025.

Please do the following before each training session

1. Tie your hair back off your face for all classes.
2. Remove all jewellery, (including wedding bands and studded earrings.)
3. Cover all open wounds, cuts or abrasions with appropriate dressings.
4. Make sure all fingernails and toenails are short and blunt; this is especially important in all contact classes.
5. Bring all equipment required for your training session and a sweat towel.
6. Make sure all your gear is labelled so there is no confusion with other member's gear.
7. Bring all necessary medications to class e.g. asthma inhalers etc.

Equipment Guidelines

1. Please wipe down all weights and exercise equipment with supplied cloths/sprays/wipes. Do not spray directly on electrical equipment, spray onto the cloth and then wipe.

2. Do not use equipment if you are not sure how to operate it, ask trainers/coaches for some assistance?
3. Please wear gym shoes only. No open toe shoes, sock or bare feet allowed during sessions.
4. Do not swing on any of the gym gear/equipment unless it is designed for that purpose.

Appropriate actions will be taken, and academy memberships/services will be terminated (with no refunds), if any members/clients are found doing any of the following

1. Using drugs or drinking alcohol on the academy premises.
2. Training while intoxicated or over medicated, (intentional use.)
3. Any form of inappropriate behaviour (verbal or physical.)
4. Any form of intentional damage to the academy or others client's belongings.
5. Any miss use of academy techniques learned at the gym or outside the gym.
6. Any form of theft.

Do not do any of the following

1. Spit on the academy floor.
2. Throw any of your belongings on the ground or on the seats, please use the available cubby holes in the bathrooms and on the floors. If you have valuables, you can ask at reception for them to look after it for you and collect it from them before you leave.
3. Stand in the walkways. (Keep all walkways free of bodies so people can come and go as they please.)
4. Talk while coaches are teaching during class, please show them some respect.
5. Enter any of the staff only areas.
6. Do not use the fire exit doors, except in the case of an emergency or fire or if the Coaches use them during class.
7. Share fluids. (We do not want people sharing drinks due to meningitis, flues etc.) Please bring your own drink or you can purchase one from reception.
8. Train while suffering from a serious injury, infectious condition or major health problem.
9. Touch any of the mirrors.
10. Train or coach other academy members without the coach's permission.
11. Do not fill your water bottle in the toilet facilities, (for obvious hygienic reasons,) ask at reception.
12. Do not get changed by the cubbyholes or in the gym area. Use the changing room/bathrooms supplied.
14. Patches or coloured bandannas are not permitted on the Academy premises.

Toilet Facility Guidelines

1. You must supply your own towel, soap, shampoo and conditioner when using our showers.
2. Showers are limited, so please keep them to no more than five minutes so others may use the facility as well.
3. After each shower, please wipe down shower cubicle floor with towel.
4. You must be 16+ to use the showers.

Our Academy rights

1. If the coaches or trainers think your intentions are not correct for a certain type of training, then you will not be accepted into the class and/or as an Academy member.
2. All classes are subject to change without warning to customers, regardless of services and packages previously purchased. If this happens there will be no refunds made for missed or cancelled classes/services. We do not individually contact students, parents or caregivers when classes/services are changed. Our Time Table is posted on the Academy Website and Social Media pages. It is your responsibility to regularly check our social media sites for changes in our class schedule.
3. The Academy can be closed at any time without warning to customers. If this happens there will be no refunds made for missed/cancelled classes or services. We do not individually contact students, parents or caregivers. A notice will generally be posted around the Academy, on the Gym Website and/or on the Facebook pages if we are aware that we may be shut for a certain period. It is your responsibility to regularly check our social media sites for changes in our schedule.
4. If you have not disclosed something of importance on your application form that may indirectly or directly affect you, the Academy, the Coaches or others. It is to our discretion whether we will allow you to remain as an Academy member or whether further actions may need to be taken. There will be no refunds made if your membership is terminated.
5. If you have lied on your application form, it is to our discretion whether we will allow you to remain as an Academy member. There will be no refunds made if your membership is terminated.
6. If your medical condition changes which may indirectly or directly affect you, the Academy, the Coaches or others, it is to our discretion whether we will allow you to remain as an Academy Member. There will be no refunds made if your membership is terminated.
7. If your hygiene is questionable, you will not be permitted to train. If the problem continues it is to our discretion whether we will allow you to remain as an Academy Member. There will be no refunds made if your membership is terminated.
8. If you use any of our moves, drills or exercises outside of the Academy to profit and/or instruct others without our permission, it is to our discretion whether we will allow you to remain as an Academy member. We do not allow Personal Trainers or any other fitness related Employees, Students or Customers from other Organizations to use any of our techniques outside of the Academy due to obvious reasons. There will be no refunds made if your membership is terminated.
9. If you work, study or train at another Fitness Organization, Club or Gym and you have not disclosed this to us before enrolling as an Academy member, it is to our discretion whether we will allow you to remain as one. There will be no refunds made if your membership is terminated.

Liability Disclaimer (Please Read Before Signing!)

"Us" and "we" means NZ Fight and Fitness Limited (NZFFA).

"You" & "I/we" means the student or parent/caregiver (if under the age of 16yrs) or NZFFA Academy member.

All information disclosed to us by you is confidential and used for NZFFA purposes only unless you authorize us to disclose it. Information and advice given by us should not be used as a substitute for medical advice, diagnosis, treatment, or care from a health professional. You should discuss all concerns about your health and treatment of a medical condition/s with a health professional.

To the extent permitted by law we do not accept any liability or responsibility for any direct, indirect, or consequential injury, loss or damage which may directly or indirectly result from any information, advice, opinions, representation, omission, services or training given or made in connection with your membership of NZFFA Academy. You acknowledge that we offer activities that may result in physical harm to you and/or others.

You assume all risks and full responsibility in all forms. You understand that you cannot hold us (NZFFA) or any of NZFFA Directors, Partners, Employees, Contractors or Agents responsible for any harm, loss, damage, property damage, personal injury, or death to you or others resulting from, but not limited to, arising out of, or in any way in relation to your gear and equipment used, skills and techniques taught to you and used by you, knowledge and advice offered to yourself and others while a member of the NZFFA Academy and/or your involvement in an incident that arises on or off of the NZFFA Academy facilities. You have an obligation and responsibility to yourself and other users of the NZFFA Academy to conduct yourself in a safe manner. You will not use the NZFFA Academy while under the influence of drugs or alcohol or while suffering from or experiencing any other conditions.

You are responsible for checking, ensuring, and maintaining all gear and equipment used in the NZFFA Academy including, but not limited to, gloves, head gear, gi's, boxing equipment, fitness equipment and weights equipment. You must notify one of our staff members if you have any concerns regarding the safety or condition of our equipment or facility. You agree by signing this that all film & photos taken of you at the Academy and/or fight training footage and/or fight footage may be used for any form of marketing including, but not limited to; website, social media accounts i.e. Facebook/Instagram/TikTok, blog, podcast, posters, flyers etc. to promote the Academy at any time, even if you are no longer a member.

PRIVACY ACT

I/we give authority to any person or company to provide you with any information you require to process this application and I/we agree to you furnishing any third party, details of this application and any future dealing I/we may have because of this application.

PAYMENT TERMS

I/we agree to pay our account by 10 working days following the date of invoice.

An account is not deemed to have been paid until funds are cleared. I/we also understand and agree to pay any interest costs calculated daily from the date when payment was due, until made in full as well as any collection charges, legal fees, salvage charges, storage costs and any other costs incurred in the event of late payment.

MEMBERSHIP PAYMENT TERMS

I/we agree when joining NZFFA and I/we pay the full membership amount upfront and I/we wish to stop the membership before the contract expires, there will no refund and the membership cannot be passed onto someone else.

DECLARATION

I declare all personal information to be true. I understand that by signing I have agreed to all the information and conditions outlined in this form and that I am legally bound. I understand that I cannot hold your or any of your Directors, Partners, Employees, Contractors, or Agents responsible for loss or damage I may suffer, or I directly or indirectly cause to others. If any of the above provisions is declared unlawful or of no effect, our

liability shall be limited to the amount paid by you as a membership fee for the NZFFA Academy.