



Group General Fitness: Outlined below is the commitment you are making when you join Group General Fitness classes, please read the details carefully to ensure you know how the Unified system works.

General Class info:

- To be eligible for Group General Fitness (GGF) classes you need to have completed a one-hour initial PT assessment with one of our trainers and have purchased either a casual GGF card or a GGF Term Special. Payment for the assessment and the chosen GGF class pack can be made by cash or Direct Debit. If transferring via Direct Debit, please email a transfer receipt to martz@unifiedfitness.com.au.
- The cost of the initial assessment is \$75. During this session your suitability for GGF classes will be assessed via:
 - 1) A health and fitness screening (this is non physical)
 - 2) An introduction to standard tasks that will be encountered (this is practical)
 - 3) Overview of the GGF class structure to ensure you (the Client) get the most out of your exercise experience.
 - 4) Basic postural and biomechanical analysis. If you have any pre-existing injuries or health concerns, we will discuss them with you at this point.
 - 5) Discussion of goals and expectations.
- Once the above has been completed and we believe you are suitable for the GGF classes, you will then be able to attend any GGF scheduled class (please check our website www.unifiedfitness.com.au for a schedule of available GGF classes).

GGF Casual Card and Term Special expiry:

- The GGF casual card is valid for 4 months from the purchase date. It is up to you to ensure that you use all of your sessions before the expiration date.
- The GGF Term Specials vary from term to term but are only valid until the end of that term only. The specials do not roll over into the inter-term period or the following term.



Contacting the studio:

- To contact the studio for a booking or cancellation, please contact the studio either on email; martz@unifiedfitness.com.au or phone on (03) 9578 2542. Alternatively, if you have log in details to the 'Mindbody Go' site, you can book yourself in to available classes, late or early cancel yourself online.
- PLEASE DO NOT CONTACT TRAINERS ON THEIR MOBILE PHONES REGARDING BOOKINGS OR CANCELLATIONS. BOOKING OR CANCELLATIONS RECEIVED VIA TEXT WILL BE DISREGARDED.

By signing this document I have read and understood all the policies and procedures for these sessions.

Signed: _____ Date: _____

PRINT NAME _____