Terms & Conditions of Competition

**Sessions:**

The winner receives one 60-minute session a week for four weeks. All the sessions must be used in the month agreed with Hannah Jones.

**Outside of Sessions:**

Outside of the exercise sessions, you will receive:

* A free 60-minute conversation with Hannah to establish your goals and WHY you entered this competition
* Access to an exclusive app that will host all your exercise programmes along with full exercise tutorials
* Full Nutritional breakdown of daily targets that suits your goals
* 24/7 Support through WhatsApp from Hannah
* Mindset Coaching within our sessions

**Location of Sessions**

The sessions will take place at Unit24 Fitness Centre, Aldershot, 19 Holder Road, GU12 4RH. The timings of your free sessions will be agreed with Hannah from the outset.

**Cancelations and Lateness:**

If Hannah cancels the session without giving you 24 hours-notice, you will receive the session you missed, plus a complimentary session for the inconvenience. If Hannah is more than 15 minutes late to your session, then you will receive the remainder of that session plus another complimentary session for the inconvenience.

If you cancel a session without giving more than 24 hours-notice you will lose the session and will not be to be able to reschedule. If you cancel the session giving more than 24 hours of notice, then you will be able to reschedule he session for a time that you and Hannah mutually agree on. If you are more than 15 minutes late to a session, you will have the remainder of the session but not be entitled to running over to make up the time you missed due to your lateness.

**Medical**

Before any sessions take place, a PARQ will take place. Any medial issues are required to be disclosed to Hannah at that point.

**Confidentiality**

Hannah works on a complete confidentiality basis. None of your personal information will be passed onto any third party.

**Instagram**

As part of Hannah’s business, she regularly posts on Instagram. She will ask you before beginning if you have a problem with her posting about you. She will only ever post you in a positive, motivating way. Never with any negative comments of insinuation.