

## **At Home HIIT Terms and Conditions**

At Home HIIT website and participation terms and conditions contents

1. Introduction: The information collected on this website is stored and protected within this site and Mailchimp. Please see <https://athomehiit.com/privacy-policy/> for full privacy-policy. All participants must be over 18 years of age to take out a formal membership. In signing up you consent to contact from Laura at At Home HIIT to notify you of workouts, plans, changes to programmes and membership information. We will not spam you or share your information with any marketing companies or third parties. Signing up to this implied consent to our privacy and cookie policy.
2. Copyright notice: All images, logos, website content and workouts are Copyright of Laura Jane Griffiths At Home HIIT 2019.
3. Licence to use website: The website and content must only be used for specified purposes of live workouts and online fitness. licence to use website; no downloading; website use: permitted purposes; no modification of website content; limitations on licence to use website; redistributable content; restriction of access to website.
4. RSS feed: access to RSS feed; accessing RSS and acceptance of document; RSS licence; RSS licence condition; revocation of RSS licence.
5. Acceptable use: Your information will be used appropriately to contact you for the At Home HIIT programme. Acceptable use: prohibitions; using contact details prohibited; veracity of information supplied.
6. Registration and accounts: account eligibility; account registration process; no other person permitted to use account; notify on misuse of account; use of another's account. You must use the account appropriately. Sharing your log in or account information with others to allow their participation is considered a breach of At Home HIIT membership regulations.
7. User login details: You are responsible for your password and log in details once received from At Home HIIT. Any loss of password can be recovered however in the event of breach of your account due to your own loss of log in information At Home HIIT can not be held responsible.
8. Cancellation and suspension of account: You have the right to cancel your membership at anytime. To cancel simply contact At Home HIIT or your bank. If the payment for that month has been taken it can not be refunded after 7 days.
9. Your content: licence: All workouts and content is property of At Home HIIT and Laura Jane Griffiths.
10. Your content: rules: All content must be used appropriately and for the specified use of workouts at home. Any breach of this or recreation of content by a user will breach At Home HIIT's copyright terms and conditions.
11. Report abuse: If you experience abuse from other members please report to Laura immediately and the complaint will be dealt with accordingly.
12. Health and fitness information: This website and online programme contains general information; information is on an advisory basis; no representations or warranties in relation to information; no warranties in relation to availability or accuracy etc of information; Each participant joins and participates at their own risk. Laura Griffiths and At Home HIIT takes no responsibility for any injury or discomfort that may occur as a result of participation. Please ensure you take responsibility for acting on exercise information; no changes to diet etc without

consulting professional; medical information not alternative to advice; consult healthcare provider regarding specific medical questions; seek immediate attention for medical conditions; no delaying medical advice etc;; no liability for reliance upon information. The exercises are completed by a trained professional however participants undertake them at their own risk.

13. Limited warranties: no warranties for information; right to discontinue website publication; no implied warranties or representations relating to website.

14. Limitations and exclusions of liability: At Home HIIT is not liable for any injury that may occur as part of the programme. Please understand your limitations and consult a medical professional when undertaking any new form of exercise.

15. Indemnity: Laura Jane Griffiths holds indemnity insurance for the advice and workouts offered on the online community and membership hub.

16. Breaches of these terms and conditions

Breach of the terms and conditions may result in participant injury or loss of membership status.

17. Third party websites: We will contact you via Facebook, Mailchimp and payments are taken via Stripe and Thrivecart however your information will not be shared with any other third party websites.

18. Trade marks: All At Home HIIT content property of At Home HIIT 2019

19. Variation: document may be revised; variation of website document: unregistered users; variation of website document: registered users..

20. Entire agreement: please read the entire agreement and our privacy policy <https://athomehiit.com/privacy-policy/> - use of website.

21. Law and jurisdiction: At Home HIIT is governed by UK and EU Laws and regulations.

22. Our details: Laura Jane Griffiths – At Home HIIT – Contact [laura@athomehiit.com](mailto:laura@athomehiit.com) 55 City View Apartments Bristol BS50AA