

Strength for Life – Terms & Conditions & Agreement

Fire & Flow Movement | Osborne Park

Welcome to Strength for Life with Fire & Flow Movement!

These simple terms help keep things clear and fair for everyone, so we can focus on what matters most — moving, building strength and enjoying the journey together.

1. Initial Assessment & Program Fees

Initial Strength for Life Assessment – \$75

An Initial Assessment is required before participating in Strength for Life classes, in accordance with Strength for Life program procedures.

During your assessment, I'll review your GP referral, discuss your health history, individual needs, and assess your strength, balance and mobility to help develop your personalised exercise program.

Casual Classes

Strength for Life (60 minutes) – \$15 per session

Balance & Mobility (45 minutes) – \$15 per session

Casual participants do not have a regular class place reserved. Please contact me when you would like to attend, and I'll confirm availability.

Casual sessions are paid on the day of attendance and are subject to class availability.

Membership holders receive priority for regular class places.

2. Memberships & Payments

Memberships are paid **fortnightly in advance**.

2 Strength for Life Classes per Week – \$50/fortnight

Includes **2 Strength for Life sessions per week**, supporting regular strength training and consistency.

3 Classes per Week – \$70/fortnight

Includes:

- 2 Strength for Life sessions per week
- 1 Balance & Mobility session per week

How Payments Work

Membership payments are processed securely through **Square via a subscription payment link**.

Initial Assessments and casual classes can be paid using **Square Tap to Pay or a payment link**.

Monthly payment arrangements are also available upon request if this is more convenient for you.

Optional **24/7 PrimeFit gym access is available separately for \$15 per week**.

3. Private Health Insurance

Fire & Flow Movement is a recognised HBF Strength for Life provider.

If you have private health insurance with HBF, you may be eligible to claim a rebate for your Strength for Life sessions, depending on your level of cover and available benefits.

What do you need to do?

Before joining, I recommend contacting HBF to check whether your policy covers Strength for Life classes and how much you may be able to claim.

How do you claim?

If you're eligible, I can provide a **monthly itemised receipt** showing your Strength for Life sessions, dates, fees and my HBF provider details. You can then submit this receipt directly to HBF for assessment.

If you're insured with another private health fund, please contact them directly to enquire about possible rebates and any applicable requirements.

Please note that rebates are not guaranteed and are subject to your individual health insurance policy.

4. Your Regular Sessions

When you join, we'll choose and pre-book your **regular weekly class days**. This helps secure your place and keeps class numbers manageable.

If you need to swap a session, please let me know. Sessions may be rescheduled to another suitable class **within the same week**, subject to availability and class capacity.

5. Attendance & Missed Sessions

Regular attendance is encouraged to help you build strength, confidence and get the most out of the program.

If you're unable to attend your usual class, please provide **at least 24 hours' notice**.

With sufficient notice, you may reschedule your session to another available class **within the same week**, subject to availability.

Missed sessions or cancellations made with less than 24 hours' notice are **non-refundable and cannot be transferred or carried over to another week**.

Your membership reserves your regular class places, regardless of attendance.

Exceptional circumstances may be considered on a case-by-case basis.

Nothing in this policy limits your rights under Australian Consumer Law.

6. Membership Pauses & Cancellations

If you need to pause, change or cancel your membership, please provide **at least 7 days' notice by email or message**.

Memberships may be paused for up to **4 weeks per calendar year**, with payments temporarily suspended and your regular class places reserved during the approved pause.

Your 4-week pause allowance renews at the beginning of each calendar year.

For breaks longer than 4 weeks, your regular class places may not be guaranteed upon your return.

Exceptional circumstances, such as unexpected illness or emergencies, may be considered on a case-by-case basis.

7. Your Health & Safety

Please keep me informed of any injuries, health conditions or changes that may affect your participation.

Exercises can be modified where appropriate, and you're always encouraged to let me know if something doesn't feel right.

8. Photography & Social Media

From time to time, photos or short videos may be taken during Strength for Life classes to celebrate our community and promote **Fire & Flow Movement and Strength for Life** on social media and other marketing platforms.

Please select your preference:

☐ **Yes**, I am happy to appear in photos and/or videos used for promotional purposes.

☐ **No**, I prefer not to be photographed or filmed.

Your choice will always be respected and **will not affect your participation in the program**.

You can also change your preference at any time by letting me know.

9. Class Changes & Cancellations

Occasionally, a class may need to be changed or cancelled. Where possible, I'll provide as much notice as I can.

If I'm unable to teach a scheduled class, a **suitably qualified instructor may teach the class in my place**.

If a replacement instructor is unavailable, I'll aim to offer an alternative session. Where no suitable alternative is available, an appropriate credit or refund will be provided, consistent with Australian Consumer Law.

10. Membership & Weekly Class Selection

Please select your preferred membership:

☐ **2 Strength for Life Classes per Week – \$50/fortnight**

☐ **3 Classes per Week – \$70/fortnight**

☐ **Casual Attendance – \$15 per class**

Preferred Regular Class Days

Day	Strength for Life 11:00 am–12:00 pm	Balance & Mobility 12:30–1:15 pm
Monday	☐	—
Tuesday	☐	☐
Wednesday	☐	—
Thursday	☐	☐

Regular class bookings are subject to availability.

11. Agreement

By signing below, I confirm that I have **read, understood and agree to the Strength for Life Terms & Conditions with Fire & Flow Movement.**

My photography and social media preference is recorded separately above and is not a condition of participation.

Participant Name: _____

Signature: _____

Date: _____

Fire & Flow Movement

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