



The Nourishment Academy Membership Agreement

Welcome to TNA.

Our goal is to provide a supportive, professional environment where women can train consistently, feel confident, and be part of a positive community.

The following terms help us protect session availability, coaching quality, and the experience for all members.

Membership & Commitment

- Your membership provides access to Small Group Personal Training and/or classes as outlined in your package.
- Memberships are ongoing and billed monthly.
- Any changes or cancellations require **30 days' written notice** via hello@thenourishmentacademy.com

Booking & Attendance

- Sessions can be booked via the app up to **7 days in advance**.
- Sessions operate on a first-come, first-served basis.
- A **minimum of 3 hours' notice** is required to cancel.
- Late cancellations or no-shows will result in the session being lost.
- Please cancel as early as possible to allow waitlisted members to attend.

Pauses & Extensions

Memberships are designed to support consistency and results, so pauses are limited.

- Pauses are available **for medical reasons only** (e.g. injury, illness, pregnancy).
- Medical pauses require appropriate supporting evidence where requested.
- Pauses are applied for a **minimum of 30 days**.
- A **pause fee of £25 per month** applies to hold your space.

- Pauses cannot be backdated and must be requested in writing via hello@thenourishmentacademy.com

Memberships cannot be paused for holidays, work commitments, or general changes in routine.

Coaching & Responsibility

- Our coaches provide professional guidance based on your goals and needs.
- You are responsible for your participation and for seeking medical clearance where required.
- Coaching advice does not replace medical or specialist advice.

Community Standards

TNA is a positive, supportive environment. We ask all members to:

- Treat staff and other members with respect
- Support the inclusive, encouraging culture of the community
- Raise any concerns directly with the team so we can help

Membership may be reviewed or terminated if behaviour negatively impacts the community.

Photography & Media

- Photos and videos will be taken during sessions for use on our website, social media, and marketing purposes.
- If you would prefer **not** to appear in any images, please let us know at hello@thenourishmentacademy.com and we will ensure you are excluded.

Data & Privacy

Personal information is collected and stored only to deliver our services and meet legal obligations.

If you have any questions, our team is always happy to help:
hello@thenourishmentacademy.com

We're so glad you're part of the TNA community.