

# TERMS AND CONDITIONS

## No Nonsense Personal Training (NNPT)

A brand operated by No Nonsense Group Pte. Ltd.

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## 1. COMPANY INFORMATION

This website and all services are operated by:

**No Nonsense Group Pte. Ltd.**

UEN: 202601870M

Registered Office Address: **Woodlands Street 41 Block 408 #07-03**

Contact Email: **admin@no-nonsense-group.com**

No Nonsense Personal Training (“NNPT”) is a brand operated by No Nonsense Group Pte. Ltd.

## 2. DEFINITIONS

In these Terms and Conditions (“Terms”):

- **“Company”** refers to No Nonsense Group Pte. Ltd., including all its brands, divisions, directors, officers, employees, independent contractors, coaches, representatives, and agents.
- **“NNPT”** refers to No Nonsense Personal Training.
- **“Client”, “You”, “Your”** refers to any individual who accesses this website, submits forms, makes bookings or payments, or uses any Services.
- **“Services”** includes, without limitation, all personal training, fitness coaching, nutrition guidance, online coaching, consultations, assessments, movement or injury-support coaching, digital programs, communications, and any other services provided now or in the future, whether delivered in person or remotely.

## 3. ACCEPTANCE OF TERMS

By accessing our website, submitting any form, booking any session, making any payment, or using any Services provided by the Company, **you confirm that you have read, understood, and agreed to be bound by these Terms.**

If you do not agree with any part of these Terms, you must not use the Services. These Terms apply to **all Services**, without the need for separate agreements unless expressly stated by the Company in writing.

## 4. ELIGIBILITY & AGE REQUIREMENT

The Services are intended for individuals **18 years of age and above**.

Participation by individuals under 18 years of age is permitted **only with prior written consent from a parent or legal guardian**, and such participation remains subject to these Terms.

## 5. NATURE OF SERVICES

All Services provided by the Company are **coaching, educational, and fitness-related in nature**.

The Company **does not provide medical advice, treatment, or healthcare services**. Nothing provided by the Company should be construed as medical advice or a substitute for consultation with qualified healthcare professionals.

You acknowledge that any nutrition, training, or lifestyle guidance provided is general in nature and not a medical prescription.

## 6. NO GUARANTEE OF RESULTS

The Company makes **no guarantees** regarding specific results, outcomes, or progress. All results depend on individual factors including, but not limited to, consistency, adherence, lifestyle, genetics, prior health status, and personal circumstances.

## 7. CLIENT RESPONSIBILITIES & DISCLOSURE

You acknowledge and agree that:

- You are solely responsible for ensuring that you are physically, mentally, and medically fit to participate in the Services.
- You must fully and accurately disclose all relevant medical conditions, injuries, limitations, medications, or health concerns prior to participation.
- You agree to follow instructions provided by coaches and to exercise within your personal limits.
- The Company shall not be responsible for any consequences arising from incomplete, inaccurate, or withheld information provided by you.

## 8. ASSUMPTION OF RISK

You understand that participation in fitness training, exercise, and coaching activities involves **inherent risks**, including but not limited to physical injury, illness, aggravation of pre-existing conditions, or serious harm.

You voluntarily and knowingly assume **all risks**, whether known or unknown, arising from participation in the Services.

## 9. LIMITATION OF LIABILITY

To the **maximum extent permitted under Singapore law**:

- The Company shall **not be liable** for any injury, loss, damage, cost, or expense arising directly or indirectly from participation in the Services.
- This includes, without limitation, personal injury, loss of income, loss of profits, indirect or consequential loss, or any other damages.
- If liability cannot be excluded under applicable law, the Company's total liability shall be **strictly limited to the amount actually paid** by you for the specific Service giving rise to the claim.

## 10. INDEMNITY

You agree to **fully indemnify and hold harmless** the Company from and against any claims, liabilities, damages, losses, costs, and expenses (including legal fees) arising out of or related to:

- Your participation in the Services
- Your breach of these Terms
- Any false, misleading, or incomplete information provided by you

## 11. BOOKINGS, CANCELLATIONS & NO-SHOWS

All bookings are subject to availability and confirmation.

A **minimum of 24 hours' notice** is required for cancellations or rescheduling, unless otherwise stated.

Late cancellations and no-shows will result in **forfeiture of the session**, without refund or replacement.

The Company reserves the right to enforce booking and cancellation policies strictly and consistently.

## **12. PAYMENTS, PACKAGES & REFUNDS**

12.1. All payments must be made in full prior to commencement of Services, unless otherwise agreed in writing.

12.2. **All payments are strictly non-refundable**, including for unused sessions, early termination, change of circumstances, or dissatisfaction.

12.3 Packages, sessions, or credits may be subject to expiry periods as determined by the Company.

12.4 Coaching services are provided by No Nonsense Personal Training. The Company reserves the right to substitute or reassign coaches at any time due to operational, scheduling, or staffing requirements. Such changes do not constitute a service failure and shall not entitle the Client to a refund, compensation, or termination of the agreement.

12.5. Completion of payment constitutes **full and final acceptance** of these Terms.

## **13. ONLINE & REMOTE SERVICES**

13.1. For online, remote, or digital Services:

- The Company does not guarantee uninterrupted or error-free delivery.
- You are responsible for ensuring adequate internet access, equipment, and environment.
- The Company shall not be liable for any technical failures beyond its reasonable control.

## **14. INTELLECTUAL PROPERTY**

14.1. All content, materials, programs, branding, videos, documents, and communications provided by the Company are the **exclusive intellectual property** of the Company.

14.2. You may not reproduce, distribute, modify, resell, or share any materials without prior written consent.

## 15. USE OF IMAGES, VIDEO & MEDIA

15.1. The Company may photograph, record, or otherwise capture images, video, and/or audio of Clients during participation in the Services, whether conducted in person or online. By participating in the Services, you grant the Company a **royalty-free, perpetual, irrevocable, transferable, sublicensable, and worldwide licence** to use, reproduce, modify, adapt, publish, distribute, and display such images, videos, or recordings for **any lawful purpose**, including but not limited to marketing, advertising, promotional, educational, training, and internal business purposes, **without further notice or compensation**. All such images, videos, and recordings shall be the **exclusive property of the Company**.

15.2. You irrevocably waive any rights to inspect, approve, or claim ownership over the final content. Consent may be withdrawn only by prior written notice to the Company, and such withdrawal shall not affect any materials already created, published, or distributed prior to receipt of such notice.

## 16. TERMINATION & REFUSAL OF SERVICE

16.1. The Company reserves the right, at its sole discretion, to suspend or terminate Services without refund in cases including but not limited to:

- Breach of these Terms
- Unsafe, abusive, or inappropriate behaviour
- Non-compliance with instructions or policies

## 17. FORCE MAJEURE

The Company shall not be liable for any failure or delay in performance due to events beyond its reasonable control, including but not limited to acts of God, pandemics, government regulations, facility closures, technical failures, or other unforeseen circumstances.

## 18. PERSONAL DATA & PRIVACY

Personal data is handled in accordance with applicable Singapore laws, including the **Personal Data Protection Act 2012 (PDPA)**. Details regarding data collection, use, and protection are governed by the Company's separate Privacy Policy.

## **19. MODIFICATION OF TERMS**

The Company may amend these Terms at any time. Updated versions will be published on the website and shall take effect immediately upon publication. Continued use of Services constitutes acceptance of the updated Terms.

## **20. GOVERNING LAW & JURISDICTION**

These Terms shall be governed by and construed in accordance with the **laws of Singapore**. You agree to submit to the **exclusive jurisdiction of the courts of Singapore**.

## **21. SEVERABILITY**

If any provision of these Terms is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

## **22. ENTIRE AGREEMENT**

These Terms constitute the **entire agreement** between you and the Company relating to the Services and supersede all prior discussions, representations, or understandings.

**Last Updated:** 12 March 2026