**Terms and Conditions**

Thank you for choosing Health, Strength and Performance! Please read these terms and conditions carefully before proceeding with your purchase:

1. Service Description: HSP offers memberships, health assessments, personal training, and coaching.
2. Payment: Payment is due at the time of booking. We accept Visa…  (list of payment methods).
3. Rescheduling: You may reschedule your service booking 4 hours in advance without penalty, subject to availability.
4. Cancellation: Contact HSP at least 24 hours before your appointment to cancel. Deposit are non-refundable.
5. Service Availability: All services are subject to availability and HSP reserves the right to cancel or reschedule services due to unforeseen circumstances.
6. Liability: HSP is not liable for any damages or losses incurred during the use of our services.
7. Privacy: Your personal information will be handled in accordance with our Privacy Policy.
8. Changes to Terms: HSP reserves the right to update or modify these terms and conditions at any time without prior notice.

By proceeding with your purchase, you acknowledge that you have read, understood, and agree to be bound by these terms and conditions.