



Agile & Fit Ltd – Mummy & Baby Fitness Classes

Run by: Agile & Fit Ltd (UK Private Limited Company)

Contact: katy.agileandfit@hotmail.com

Eligibility & Participation

Suitable for mums/carers who have received postnatal clearance from a healthcare professional (usually after the 8/10-week check).

A PAR-Q form must be completed before attending your first class. Should there be any change in your health, an updated PAR-Q must be completed prior to attending the class.

Babies, toddlers, and children of all ages are welcome but remain the responsibility of the parent/carer at all times.

Participation is at your own risk. The instructor may stop participation if it is deemed unsafe.

Health & Safety

Please inform the instructor of any relevant medical conditions.

Parents/carers are responsible for supervising their child throughout the session.

Agile & Fit Ltd accepts no liability except where caused by proven negligence.

Bookings & Payments

All classes must be booked in advance via Happity.

Payments are taken securely via Stripe.

Classes can be booked as single sessions or blocks of 5.

Cancellations & Refunds



Cancellations, refunds, or transfers must be made at least 24 hours before the class start time.

Late cancellations are non-refundable and non-transferable.

Transfers restricted to 3 months after the original event.

Photos & Videos

Photos/videos may be taken during classes for social media and website marketing.

Consent is always required for both parent and baby/child.

Consent can be withdrawn at any time.

Privacy & Data Protection

We collect only the information needed to run classes safely and effectively.

Data is stored securely on a password-protected computer and cloud storage.

Only Agile & Fit Ltd has access to your data.

Data is retained only as long as necessary for legal and operational purposes.

Marketing Communications

Emails/newsletters are sent only if you opt in.

Optional WhatsApp group access is via explicit opt-in.

You can unsubscribe or request data removal at any time by emailing katy.agileandfit@hotmail.com.

Cookies

Happity uses cookies to ensure website functionality and analyse usage.