

Conditions of use

1. Own Responsibility

Participants must always act according to the HomeClass Operating Rules as well as to regulations, procedures or politics displayed on www.sport.medLife.ro or during online classes. All these rules, regulations and procedures are part of the present Conditions of use.

We do not recommend HomeClass participation to people who suffer from affections that are incompatible with HomeClass activities. Participation takes place at one's own risk. HomeClass does not take responsibility on the potential incidents that can happen during or after class.

2. Health Issues

Participants take responsibility in informing their trainers regarding any health issues, pregnancy or medical recommendations against exercise. If participants encounter dizziness, air shortage, fainting sensation, they will reduce training intensity or stop immediately.

Participants will contact emergency medical services whenever they need help.

3. Class Registration

Participants sign up for 3 classes per week with not less than 48 hours in advance. The number of participants is limited and reservations take place in the order of registration.

4. Class Participation

When in class, participants are required to respect a series of measures meant to improve their online experience:

- 4.1 participants will respect trainer's indications and advice;
- 4.2 exercise is meant to be done in the personal healthy limits known by every participant;
- 4.3 participants will avoid exercise that causes pain or discomfort;
- 4.4 participants will inform their trainer about health issues or medical contraindication to physical effort;
- 4.5 when exercising participants take responsibility in:
 - a) keeping their camera on so that they can be supervised by trainers;
 - b) having a proper sports outfit;
 - c) listening and respecting trainer's guidelines;
 - d) not disturbing the other participants;
 - e) keeping their microphone off when not speaking.

- 4.6 For specific classes participants can be asked to prepare certain assets, for example:
 - a) gym mat or blanket;
 - b) weights;
 - c) gym stick;
 - d) chair;
 - e) fitball;
 - f) towels;
 - g) water or other hydration liquids.

5. Substances that can affect participation

The following categories of people are forbidden to participate to HomeClass training sessions:

- 5.1 People under the influence of alcohol, antidepressants or psychotropic substances;

5.2 People with health issues with contraindication to exercise.

6. Recommendations

Hydrate yourselves, your body needs it during training.

Eat according to the amount of effort you are about to do. Participants can ask their trainer additional information regarding nutrition during training.

7. Using photo&video camera during class

Participants are not allowed to take pictures or record during HomeClass sessions. Trainers can take pictures or record only with prior permission from participants. Any attempt to rules violation leads to sanctions under the legislation in force regarding copyright, personal information and GDPR.

8. Connectivity issues

8.1. Participants need to log in 10 minutes before class starts. If any technical problem occurs, participants should inform the trainer before session starts.

For any technical problems related to HomeClass, participants should contact the support team by email at sport@medlife.ro.

Technical problems unrelated to HomeClass do not make HomeClass responsible of potential consequences.

8.2. It's participants' responsibility to make sure they have all necessary assets for HomeClass: updated version of Zoom and sports equipment. HomeClass is not responsible for incapacity of participation due to mentioned reasons.

9. Schedule change

HomeClass reserves the right to modify the program structure and to inform the participants in due time.

10. Cancellation of program

HomeClass reserves the right to replace trainers if availability issues occur. HomeClass reserves the right to cancel any training session with less than the minimum amount of participants. Participants who are already registered will receive a reschedule.

11. Cancellation of registration

Participants can cancel their registration with at least 12 hours before class starts. HomeClass reserves the right to count out from the subscription the cancelled registration.

12. Training purpose

Medical Gymnastics classes aim to be maintenance training rather than medical recovery sessions. In order to start a medical recovery program, participants should ask their trainers for additional information. Fitness and Pilates classes focus on toning, mobility and breathing rather than performance.

13. Passing on the subscription

HomeClass does not accept more than one user per subscription. If participants pass on their access data to other people, HomeClass reserves the right to cancel the subscription.

14. Cancelling subscription

The following actions or omissions are considered violations of the Conditions of use: violation of the usage rules for participants, violation of the rules regarding access to HomeClass for people who do not have a valid subscription, abusive use of scheduling system, violation of rules regarding cancelling the subscription, noncompliance regarding class hours, offensive language, offensive behavior, verbal violence, violation of rules regarding unauthorized recording or photographing, indecent exposure of body parts during class.

If the participants commit any offense mentioned within Art. 14, HomeClass has the right to: I) cancel their subscription for a period of 1 to 3 months; II) terminate the contract by law (Commissary Pact according to Art 1553 Civil Law) without any formal notice, case in which the price of subscription would be retained by HomeClass by way of predetermined damages.

15. Buying and invoicing

Corporate acquisition of HomeClass subscription by employers for employee benefits takes place according to contract agreements.

Individual acquisition of HomeClass subscription takes place according to contract agreements.

16. Prices

HomeClass reserves the right to change subscription prices according to market conditions.

17. Frequently Asked Questions

What is HomeClass?

HomeClass consists in live training sessions accessible anywhere.

How do i start?

First, you get a free demo session. Go to www.sport.medlife.ro choose a class and enjoy it. If it's a good fit for you, next, you can buy one of our subscriptions by dropping a line at sport@medlife.ro

What tools do I need for class?

You need a smart device (phone/tablet/PC), the Zoom app and internet connection.

How do I pay?

After choosing your subscription, you will receive your invoice by mail.

Can I cancel a class?

Yes. At least 12 hours before class, let us know by email at anularesport@medlife.ro and we'll take care of it.

I need additional info. Who do I talk to?

Send us an email at sport@medlife.ro, we will be glad to help.



