

Terms and Conditions of Participation in the "Healthy Back" Program

ORGANIZERS – Bflex and Fysioterapeut Patrycja Łoś

The "Healthy Back" program is a joint initiative by personal trainer Magdalena Zubrzycka and physiotherapist Patrycja Łoś, aimed at individuals experiencing spinal discomfort and wishing to improve their back health in a safe and comprehensive way.

1. Registration

Registration for the program is conducted exclusively online via the website:

<https://www.bflex.dk/pricing-plans/plans-pricing>

2. Contact

Throughout the program, participants may contact the instructors from Monday to Friday.

Personal Trainer:

Magdalena Zubrzycka (Bflex)

via the Everfit app – messages will be answered as soon as possible, depending on availability.

Physiotherapist:

Patrycja Łoś (Fysioterapeut Patrycja Los)

Phone: +45 71 59 53 64 (available between 9:00 and 18:00, by prior appointment)

3. Conditions and Qualification for the Program

Before joining the program, each participant must complete an online health questionnaire, which will be provided in digital form. After reviewing the form, the instructors will inform the participant whether they are eligible to take part. The decision is made individually, with the participant's health and safety in mind.

Minimum Number of Participants

The "Healthy Back" program will only commence once the minimum required number of participants has been registered:

- a minimum of **3 participants** for a standard group; or
- a minimum of **5 participants** for a dedicated 5-person group.

The start date will be confirmed once the group reaches full capacity (3 people).

If fewer than 3 people sign up for a given cycle, the organizers will contact registered participants to propose rescheduling or waiting for a third person to join.

By registering for the course, the participant agrees to this condition as part of the organizational framework.

4. Pricing and Payment

Program Fee and Payment, the participation fee for the program is:

- **DKK 1,999 per person** for a **3-person group**, (1 599,20 kr without VAT)
- **DKK 1,799 per person** for a **5-person group**, (1439,20 kr without VAT)

Payment

Full payment is required at the time of **online registration** to secure a place in the selected group.

Payment can be made directly via website www.bflex.dk

5. Program Structure

Duration: 6 weeks

Format: 6 in-person group sessions (3 participants per group)

Each participant receives access to the Everfit app, which includes:

- A personalized home exercise plan
- Homework assignments
- Mobility challenges

During the course, participants may contact the physiotherapist and trainer individually (as outlined in section 2 "Contact").

This is a practical course that equips you with effective tools and techniques to live without pain. You'll learn how to care for your spine, avoid overstrain, and implement healthy movement habits. It's an investment in your health, wellbeing, and freedom of movement.

Location:

All sessions take place at:

- group of 3 people:
Physiotherapy Clinic of Patrycja Łoś
Jens Grøns Vej 2, 7100 Vejle
- group of 5 people:
Studio Q
Industrivej 8, 7120 Vejle

Participants are asked to arrive on time and bring comfortable sportswear, a water bottle, and a small towel.

6. Medical Documentation

Participants are required to provide any relevant medical documentation to the instructors, including diagnoses, test results, consultation notes, or other information necessary for safe and effective participation.

7. Absences and Make-up Sessions

Participants may make up **1 missed session** during the program.

In exceptional, unforeseen circumstances, a session may be made up within **10 days after the program ends**.

If a participant knows in advance they will be absent, they must inform the instructors and may reschedule (subject to trainer/physiotherapist availability) within 10 days of the original session date.

8. Session Recording

Recording video or taking photos during sessions is permitted **only under the following conditions**:

- Only the recording participant may appear in the frame
- Recording is only allowed with the **consent of other participants** present
- Recordings or photos must **not be shared publicly** if they infringe on others' privacy or the instructors' comfort
- Instructors reserve the right to stop or prohibit recording if the above conditions are not met or if it affects the group environment

9. Refunds and Withdrawals

Refunds are **not available** after a cycle has started.

Participants are eligible for a **100% refund** only if:

- Written withdrawal is submitted via email to: **mt.patrycjalos@gmail.com**
- The organizers are informed **at least 7 days** before the group's start date

Submitting the registration form and making payment constitutes **acceptance of these terms and conditions**.

10. Responsibility and Health Contraindications

Participation is at the participant's own risk, with awareness of their own health condition.

Organizers are **not liable** for injuries or health deterioration caused by withheld medical information or failure to follow instructions.

Individuals with serious medical contraindications (e.g., neurological disorders, recent injuries, surgeries, pregnancy, etc.) **must consult a doctor** before participating.

11. Confidentiality and Data Protection (GDPR)

Personal data collected via the online form is processed **solely for the purpose of program administration and implementation**.

Participants consent to the processing of personal data in accordance with **GDPR** regulations.

All medical and personal data is treated as **confidential** and will not be shared with third parties without the participant's consent.

12. Schedule Changes and Organizer Responsibility

Organizers reserve the right to reschedule sessions due to unforeseen circumstances (e.g., illness, facility issues) and will propose an alternative date.

In the event the program is cancelled entirely due to organizer fault, participants will receive a **full refund**.

13. Conduct and Ethics During Sessions

Participants are expected to maintain **respectful and courteous behavior** towards instructors and fellow participants.

In cases of serious misconduct, the organizers reserve the right to **remove a participant** from the program **without refund**.