



WELCOME TO *Kettlebell Club!*

Thank you for joining the Club!

Here are FAQs and the T&Cs. If you have any other questions, please contact me.

Updated May 2026 by Leanne Avery.

I've never done kettlebells before, is it suitable for me?

Absolutely! Kettlebell Club is for everyone, whatever your ability or experience. All movements can be adapted to suit individual needs, demonstrated and explained. You work at your own pace; don't worry what others are doing!

Do I need my own kettlebell?

No. Kettlebells are supplied at various weights (2.5kg, 4kg, 5kg, 6kg & 8kg). If you do have your own kettlebell, please bring it along!

Do I need my own mat?

No. Mats are supplied, but again, if you have your own mat, please bring it along!

What happens if I can't make a class?

- You can cancel the class completely, or transfer the booking to another class **within a one week window** of the original class, up until **90 minutes before** the class begins.
- Bookings can only be transferred **once**.
- If you booked using a pass & cancel before the 90 minutes, the pass is returned.
- Pay As You Go bookings are not refunded if cancelled.
- If you have any issues, please message me as soon as possible.

I've purchased a block of classes; do I still need to book everytime?

Yes. The system will automatically deduct a pass from your block when you book. Classes can be booked two weeks in advance.

The class is fully booked, what can I do?

Join the class waiting list! If a space becomes available, an email will be sent to the first person waiting. They have 30 minutes to accept. If not accepted within the time, the system will send an email to the next person, etc, until the space is taken.



How long do I have to use my block of classes?

Block of six: eight weeks from the date of the first class booked.

Block of 12: 12 weeks from the date of the first class booked.

Can I attend more than one class a week?

Of course! I'm proud to be able to offer you many opportunities throughout the week at different locations. The block of 12 pass is great if you want to attend more than one class a week.

Can I use my pass for different locations?

Yes. Block of six and 12 class passes can be used to book classes at all locations.

What should I wear?

Wear comfortable clothing & footwear; think 'gym wear' & a good pair of trainers that you can easily move around in. Also bring fluids & a towel as it does get warm!

Do the classes run all year?

Yes. There will be times when I am away for training/events/holidays etc, but plenty of notice is given. Pass expiry dates are extended for those affected. Christmas & New Year will affect classes, depending on which days the festivities fall, but again, you will be given plenty of notice of any changes.

I've got a bit of an injury; can I still come?

Everything is adaptable to suit your needs. Just let me know when you arrive at the class, or if you have any concerns or questions, message me beforehand.

Will some classes go outside again in the summer?

Yes. More information will be provided nearer the time of which classes.

My friend is interested in a class; can they come along?

The more the merrier! Everyone can try their first class for free. Plus, I have a Referral System (see below) where you'll receive a free class for every referral.



KETTLEBELL CLUB

Referral System

A lot of business comes from word of mouth & referrals from awesome people like you.

I want to give back to those who believe in what I do & share Kettlebell Club to other awesome people!

It's WIN-WIN-WIN!

If you refer someone to Kettlebell Club & they attend a class:

-  **You** get a free class
-  **They** get their free class
-  **I** get to meet & support more amazing people

 **Everyone wins, right?!**

How to Refer (It's Quick!)

1. Ask the person if it is ok for you to share their contact details with me
2. Drop me a WhatsApp, Facebook or Instagram message with their details
OR
3. Create a group WhatsApp, Facebook or Instagram message with us all in it

Super easy!

I will then pop you a code to claim your free class as a thank you for your support!

Thanks so much for the continued support & helping Kettlebell Club reach & support more incredible people, just like you.

Love Leanne 



KETTLEBELL CLUB

Community WhatsApp Group

An exclusive group to take our Kettlebell Club community to the next level & I would love for you to join us!

A place for everyone to support & motivate each other, share wins, photos, ask questions, offer advice & ideas (maybe even car share!).

I will also run exclusive in-house competitions to win awesome prizes & provide a 'workout of the week/month' for those who were unable to make a class.

It will be a place for all of us to feel extra support outside of our already incredible classes!

Click [HERE](#) to join the community

Of course, this is totally optional & if you do join, you still have the option to mute or leave the group chat at any point.

Kettlebell Club has grown more than I ever thought possible thanks to you!

We have an incredible community that not only supports us within the classes, but will now support us & be a part of our lives, outside of classes.

See you in the chat!

Love Leanne 