FITNESS GOLD

Treatment List
Gym Instructors/Personal Trainers

Providing You and any Employees have relevant qualifications from a recognised and accredited UK training college or company for any treatments being carried out, We will provide indemnity to You in respect of the following treatments listed under Your trade category and shown on Your Policy Schedule and subject to the additional terms listed against the treatment if applicable:

1. Aerobics Instructors
2. Aqua Zumba
3. Bellyfit
4. Body Conditioning / Swiss Ball
5. Body Training Systems
6. Boxercise
7. Chair Based Exercise
8. Cheerleading (excluding acrobatics)
9. Circuit Training
10. Dance based exercise
11. Exercise in the water
12. Fitball
13. Fitness fx
14. Friskis and Svettis
15. General Exercise Class including those using equipment
16. Golf Biomechanics
17. Group Studio Cycling
18. Gymnasium Instructors
19. Hula Hoop classes
20. Indian Club swinging
21. Jazzercise
22. Junior Fitness
23. Fust Jhoom
24. Kettlebells
25. Martial Arts based fitness (no body contact)
26. Non-contact Kickboxing
27. Nordic Walking
28. Parkour
29. Personal Training
30. Pilates
31. Piloxing
32. Powerplate
33. Rebounding
34. Salsa Dancing
35. Skipping
36. Sports Massage (not in isolation)
37. Street Dance Instructor
38. Tai Chi
39. Thump Boxing
40. Trampolining
41. TRX training system
42. Yoga including Chi-Yoga
43. ViPR
44. Zumba including Zumba based activities