

## **Personal Training Package Pricing Sheet**

### **Package 1**

Consultation, Fitness Assessment, Program Design, and 10 Training Hours

- There is a 24hr cancellation policy per scheduled session
- A maximum allowance of two excused cancellations due to emergency or illness
- A minimum of two training sessions per week are recommended
- Negotiable expiration: 90 days following commencement of the agreement

### **Package 2**

Consultation, Fitness Assessment, Program Design, and 5 Training Hours

- There is a 24hr cancellation policy per scheduled session
- A maximum allowance of two excused cancellations due to emergency or illness
- A minimum of two training sessions per week are recommended
- Negotiable expiration: 60 days following commencement of the agreement

### **Package 3**

Consultation, Fitness Assessment, Program Design, and 3 Training Hours

- There is a 24hr cancellation policy per scheduled session
- Expiration: 30 days following commencement of the agreement

### **Package 4**

Consultation, Fitness Assessment, Program Design, Walkthrough

- There is a 24hr cancellation policy per scheduled session
- Expiration: 14 days following commencement of agreement

### **Package 5**

Consultation, Fitness Assessment, 30 min. Walkthrough with Recommendations

### **Small Group Training (Two person maximum) and Hourly Rates Available**

Note: Does not include fitness assessment or program design

Rates effective August 1st , 2012

Prices subject to change.