

move personal training



Adult Personal Training Fees

Please complete this form for each individual doing personal training.

Client: _____ Member: Y N Member/Guest #: _____

Partner (if applicable): _____ Member: Y N Member/Guest #: _____

Trainer: _____

ONE HOUR TRAINING

Number of Participants	Number of Sessions	Total Package Price per person	Monthly Payment Plan per person	Number of Payments per person	Price per Session per person
1	5	\$237.50	\$118.75	2	\$47.50
1	10	\$450.00	\$225.00	2	\$45.00
1	20	\$850.00	\$283.33	3	\$42.50
2	5	\$155.00	n/a	n/a	\$31.00
2	10	\$297.50	\$148.75	2	\$29.75
2	20	\$570.00	\$190.00	3	\$28.50

FORTY-FIVE MINUTE TRAINING

Number of Participants	Number of Sessions	Total Package Price per person	Monthly Payment Plan per person	Number of Payments per person	Price per Session per person
1	5	\$185.00	\$92.50	2	\$37.00
1	10	\$350.00	\$175.00	2	\$35.00
1	20	\$662.50	\$220.83	3	\$33.13
2	5	\$130.00	n/a	n/a	\$26.00
2	10	\$250.00	\$125.00	2	\$25.00
2	20	\$475.00	\$158.33	3	\$23.75

HALF HOUR TRAINING

Number of Participants	Number of Sessions	Total Package Price per person	Monthly Payment Plan per person	Number of Payments per person	Price per Session per person
1	5	\$131.25	n/a	n/a	\$26.25
1	10	\$250.00	\$125.00	2	\$25.00
1	20	\$475.00	\$237.50	2	\$23.75
2	5	\$97.50	n/a	n/a	\$19.50
2	10	\$187.50	\$93.75	2	\$18.75
2	20	\$360.00	\$180.00	2	\$18.00

***NON-MEMBER GUEST FEES (in addition to package price): 5 Pack - \$25.00 10 Pack - \$50.00 20 Pack - \$100.00**
First time Non-Members will be required to have a Fitness Assessment: \$40

PERSONAL TRAINING POLICY:

- Personal training fees are non-refundable and non-transferable. Purchased sessions will have a 12 month expiration date.
- The Center for Health Improvement requires that clients give a minimum of 12 hours notice for appointment cancellations. Clients will forfeit missed appointments.
- Partner Training: All clients training with a partner are required to attend scheduled appointments. Clients will forfeit missed appointments. If one client attends then individual session fee will apply.



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