

## PRICE LIST

<b>ONE TO ONE CONTRACTS</b>	<b>COST PER MONTH</b>	<b>PACKAGE</b>
12 MONTH	310	2 SESSIONS PER WEEK, NUTRITION AND WORKOUT, SUPPORT VIA FACEBOOK, EMAIL OR PHONE
6 MONTH	330	2 SESSIONS PER WEEK, NUTRITION AND WORKOUT, SUPPORT VIA FACEBOOK, EMAIL OR PHONE
9 MONTH (STUDENT PACKAGE)	230	2 SESSIONS PER WEEK, NUTRITION AND WORKOUT - PRICE INCLUSIVE OF 4 weeks UNI HOLIDAYS - sessions must be before 5pm
<b>SINGLE SESSION</b>	50	1 HOUR SESSION
6 MONTH	170	1 SESSION PER WEEK, NUTRITION AND WORKOUT, SUPPORT VIA FACEBOOK, EMAIL OR PHONE
12 MONTH	160	1 SESSION PER WEEK, NUTRITION AND WORKOUT, SUPPORT VIA FACEBOOK, EMAIL OR PHONE
<b>BODY SCULPTING</b>	130	6 WEEKS GROUP TRAINING - MAX OF 9 PEOPLE IN GROUP - 2 EVENING SESSIONS PER WEEK
<b>ONLINE COACHING MINIMUM 3 MONTHS</b>	100	INDIVIDUAL COACHING - DELIVERED ONLINE, WEEKLY CHECK IN AND REVIEW OVER SKYPE OR PHONE, FULL PROGRAMME DESIGN, FULL NUTRITION SUPPORT, SUPPORT VIA FACEBOOK, EMAIL OR PHONE.
<b>ALL CONTRACTS INCLUDE MONTHLY REVIEWS AND ONGOING SUPPORT VIA EMAIL &amp; TEXT (8AM - 11PM 7 DAYS PER WEEK)</b>		
THE MONTHLY PAYMENT IS DUE ON THE 1ST OF EVERY MONTH		

## CANCELLATION POLICY

I understand and agree that I will be fully charged for a session unless 24 hours notice is given. I understand that in a 6 or 12 month programme agreement cancellation is only valid after 3 months, whereby 28 days notice will be required. In the event of the 3 month contract no cancellation can be made.

In the event of illness or injury the programme and payment will be put on hold and resumed when the client is safe to exercise as confirmed by his or her GP. Should this persist for longer than 3 months the programme may be terminated.

With all contracts the first payment will be made payable when booking the first session, after which the payment will be made payable by bank transfer or direct debit on the 1st of each month.

SIGNED:..... WITNESS:..... DATE:.....