

## ***Standard Personal training - Package 1 (45 min)***

Per outdoor session I charge £50.

If you would like me to train you in your home its £55 .

If you would like me to train you in a studio near you, its £50 + cost of studio hire per hour (SH).

Type	Outdoor	Home	Studio	Face Time
4	£200	£220	£200+SH	£180
Cost per session*	£50	£55	£50+SH	£45
8	£380	£420	£380+SH	£360
Cost per session*	£47.50	£52.50	£47.50+SH	£45
12	£510	£570	£510+SH	£480
Cost per session*	£42.50	£47.50	£42.50+SH	£40
24	£948	£1,068	£948+SH	£840
Cost per session*	£39.50	£44.50	£39.50+SH	£35

## ***Pre and post natal sessions (45 min)***

Per outdoor session I charge £55.

If you would like me to train you in your home its £60 .

If you would like me to train you in a studio near you, its £55 + cost of studio hire per hour.

Type	Outdoor	Home	Studio	Face Time
4	£220	£240	£220+SH	£200
Cost per session*	£55	£60	£55+SH	£50
8	£420	£460	£420+SH	£400
Cost per session*	£52.50	£57.50	£52.50+SH	£50
12	£570	£630	£570+SH	£540
Cost per session*	£47.50	£52.50	£47.50+SH	£45
24	£1,068	£1,188	£1,068+SH	£1008
Cost per session*	£44.50	£49.50	£44.50+SH	£42

## Contractual Rules, please read and raise ANY queries with me

- I have a strict 24 hour cancellation policy. If you would like to rearrange a session, please give me a minimum of 24 hours notice. If you do not comply with this rule, you will lose your session.
- Please pay your package total upfront, if this is not possible, you and I can workout a payment plan. I will not accept payment per session.
- If you purchase a package and cannot complete the sessions for any reason, I will not refund payment of unused sessions UNLESS there are extenuating circumstances. I will require proof, for example a Doctors note/ new work contract, stipulating a relocation. HOWEVER your sessions can be frozen for up to 3 months. \*All decisions and approaches to moving forward in any of the above circumstances are at my discretion.
- If you decide to go for an outdoor package, please understand that we will more than likely experience bad weather. If this will deter you from training this is not the right package for you. I will not accept bad weather as a reason for a cancelled session.

- Please come to every session with a pro-active attitude. If you cant do an exercise, know that you are struggling AT THE MOMENT but you WILL improve.

---

signed : date: