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## Personal training fees (effective from 1<sup>st</sup> September 2018):

### **one-to-one sessions -**

- *Paid monthly - equivalent to £49 per session\**
  - 4 sessions per month £196
  - 8 sessions per month £392
- *Paid quarterly - equivalent to £44 per session\**
  - 12 sessions per quarter £528
  - 24 sessions per quarter £1056
  - NB quarterly payments cover 12 weeks per quarter to allow some flexibility for holidays

### **shared sessions (2 people) -**

- *Paid monthly - equivalent to £59 per session\**
  - 4 sessions per month £236
  - 8 sessions per month £472
- *Paid quarterly - equivalent to £54 per session\**
  - 12 sessions per quarter £648
  - 24 sessions per quarter £1296
- NB shared sessions can be arranged for more than 2 people, in which case there is an additional charge of £12 for each additional person

## Your personal training fee covers:

- your training session, including planning, on-going assessment and progressive programming
- goal setting and review
- use of any equipment
- my travel time within a 5 mile radius of Cranbrook (\*see note below)

### *Additional travel charges:*

Your personal training fee covers my travel time & expense within a 5-mile radius of Cranbrook; additional mileage is charged at 50p per mile. Any mileage costs will be agreed in advance and added to your monthly or quarterly payments.



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## Additional information:

Personal training is based on building a professional working relationship between both parties and as such there is some flexibility to allow for personal situations which may arise. However I think it is important to ensure that payment and booking terms are understood from the start to avoid problems later on. I am happy to discuss these in more detail if you have any concerns.

- payments are made monthly or quarterly direct into my bank account
- to simplify my accounting process, payments are required to be made by standing order on 1<sup>st</sup> of each month
- sessions are booked on either a monthly or quarterly basis – it is not possible to book a reduced number of sessions or a part month
- your payment covers a total number of sessions per booking period. Sessions missed due to holidays or other absences may potentially be made up at a mutually convenient time during that booking period, but cannot be carried over to subsequent booking periods or exchanged for other activities. No refunds are available for missed sessions
- in the event of you needing to cancel a session with less than 24 hours' notice, it will be treated as though the session had been used; where cancellation is made with more than 24 hours' notice there will be the option to arrange an alternative date and time within that booking period
- if at any time during your booking period I am unable to deliver the full number of training sessions due to my own holidays (or sickness) I will agree replacement sessions with you, which may be carried over to a different booking period if necessary
- please note quarterly payments include 12 weeks rather than 13 to allow some flexibility for holidays
- personal training sessions are booked on an on-going basis but should you choose to end your sessions, they can be cancelled with a minimum of one month's notice prior to the end of your current booking period. No refund can be given in the case of cancellation prior to completion of a quarterly booking period