

# m & mXtreme Training for Xtreme Results

## PERSONAL TRAINING AGREEMENT – In Person

***Additional Fees may apply for in-person sessions***

Client Name \_\_\_\_\_ Trainer Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

### Note: Cancellation Policy

The client must cancel the session by phone or email, 24 hours prior to the session or they will be charged.

Sessions must be used within 3 months of purchase unless other arrangements have been made with the trainer. If the Client wishes to terminate the contract prior to sessions being completed, he or she may transfer the remaining sessions to another Client to redeem. If the Client becomes sick; a doctor's note should accompany the request to cancel the session. If the Client is scheduled for travel, business or scheduled vacations, the sessions can be frozen for up to 3 months.

The following offerings/pricing is available through m&mXtreme Training. Check all that apply:

PT Package/Sessions: \_\_\_\_\_ 1 hr. \_\_\_\_\_ ½ hr. \_\_\_\_\_ Partner

Price Per Session:

\_\_\_\_\_ \$80 (60 min) \_\_\_\_\_ \$60 (45 min) \_\_\_\_\_ \$45 (30 min)

Installation Plan for Purchases:

\_\_\_\_\_ Session by Session

\$45 for ½ hour      \$60 for 45 min      \$80 for 1 hour

\_\_\_\_\_ Weekly (Choose the following weekly rate)

1x per week ½ hr. = \$45      2x per week ½ hr. = \$90      3x per week ½ hr. = \$135

1x per week 1 hr. = \$80      2x per week 1 hr. = \$160      3x per week 1 hr. = \$240

### **In Person Training Packages (Paid in Full)**

12 x ½ hr. Sessions (\$42) = \$504      24 x ½ hr. Sessions (\$40) = \$960

12 x 45 min Sessions (\$55) = \$660      24 x 45 min Sessions (\$50) = \$1,200

12 x 1 hr. Sessions (\$75) = \$900      24 x 1 hr. Sessions (\$70) = \$1,680

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Individual Programs Offered: (Recommended to change every 4 weeks if you choose a non 12-week program option.)

- 12 Week including 3 Exercise Programs and 3 Nutrition Plans, every 4 Weeks (\$450)
- 1 Exercise Program (\$120)
- 1 Nutrition Plan (\$120)
- 1 Exercise and Nutrition Plan (\$100)

Program purchased today: \_\_\_\_\_ Total Cost for Programs: \_\_\_\_\_

\_\_\_\_\_ Sessions purchased today = \_\_\_\_\_ (any discount for referral) = \_\_\_\_\_ Total Paid Today \_\_\_\_\_

Payment Information: Check # or Credit Card # \_\_\_\_\_

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Trainer Signature \_\_\_\_\_ Date \_\_\_\_\_