



**ToFitYou**

Where the mind goes  
the energy flows

## PERSONAL FITNESS TRAINING

by Birgitt Haderlein

### Financial Agreement

I understand that the rate for services rendered for professional coaching/fitness training by Birgitt will be as follows:

Session Packages	Cost Per Session	Total Package Cost and Total Saving
<b>Single ½ Hour Session</b>	\$50	\$50 per session
<b>Single 1 Hour Session</b>	\$75	\$75 per session
<b>30 Sessions Package</b> <i>Includes four complimentary 30 minute wellness coaching phone call sessions</i>	\$70 each session (Two sessions weekly)  <i>*Package must be completed within 4 months</i>	\$2,100 <b>Save \$450</b>  <b>Includes the four 45 min complimentary coaching sessions, valued at \$300</b>
<b>Post Rehabilitation</b>	\$80	
<b>Buddy Sessions</b> (2 people)	\$45 (per person)	
<b>Private in-home sessions</b> <i>(inside the 610 loop only)</i>	\$150 each	
<b>Wellness Coaching Calls</b> <i>(in home or on the phone)</i>	\$150 for the initial call (length: 1 ½ hours); \$75 for each subsequent coaching call (length: 45 minutes)	
<b>Personal Training/Wellness Coaching Package</b> <i>Design your own package</i>	\$285: 4 session  \$570: 8 sessions	4 sessions: \$285 <b>Save \$15</b>  8 sessions: \$570 <b>Save \$30</b>
<b>Wellness/Fitness Speaking Engagements</b>	\$500	Possible topic options: Stress Management, Back Discomfort, or Increasing Energy. Contact To Fit You today to learn about other topics available.

Gifts certificates are available for individual sessions or packages

First session of any package includes a fitness evaluation

Each session is 1 hour (unless otherwise noted)

Each session **must be** paid in advance



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### **Cancellation Policy**

Changes in time must be made 24 hours in advance. It is necessary to call in order to be eligible for a reschedule. All reschedules must be done during the same month the session is missed. Reschedules will be made only if trainer is available and if prior notice is given by client.

A late charge of \$15.00 will be assessed on all payments not made in advance of training session. This must be done at last session of previous month, or at time of consultation in order to reserve a guaranteed time slot.

A two week notice is required when there will be a break in your training session.

Missed sessions will not receive a refund.

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**Client** **Date**

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**Trainer** **Date**