

PERSONAL FITNESS TRAINING AT THE SEACOAST YMCA

30 MINUTE SESSION	\$25.00
1 HOUR SESSION	\$45.00
SMALL PACK (3 ONE HOUR SESSIONS or 6 ½ HOUR SESSIONS)	\$115.00
LARGE PACK (6 ONE HOUR SESSIONS or 12 ½ HOUR SESSIONS)	\$185.00
SUPER PACK (12 ONE HOUR SESSIONS or 24 ½ HOUR SESSIONS)	\$300.00
PFT investments must be remitted 24 hours in advance of your appointment with your trainer, unless your trainer approves your request to pay same day, prior to appointment.	

We can help you even further! Invest in a printed workout plan.

\$20 PER PRINTED PROGRAM

TO ENSURE YOU ARE RECEIVING A PLAN WHICH IS SAFE AND APPROPRIATE, WE REQUIRE PFT CLIENTELE INVEST IN A MINIMUM OF 1, ONE HOUR PFT VISIT.

PROGRAM IS VALID FOR 30 DAYS. TO RECEIVE AN UPDATED, PROGRESSIVE WORKOUT PLAN FOLLOWING THE INITIAL STATED 30 DAY TIME PERIOD, PFT CLIENTS ARE REQUIRED TO INVEST IN A MINIMUM OF 1, ONE HOUR PFT VISIT.

POST 30-DAY VISIT IS NECESSARY FOR TRAINERS TO STAY UP-TO-DATE AND REVIEW YOUR GOALS, CURRENT REGIMEN AND TO LEARN ABOUT ANY MEDICAL CHANGES WHICH MAY HAVE OCCURRED IN THE INTERIM. UPHOLDING THIS POLICY ENSURES YOU RECEIVE A SAFE, QUALITY, PERSONALIZED PLAN.

PFT CANCELLATION POLICY

IF CANCELLING WITHIN 24 HOURS OF A SCHEDULED APPOINTMENT, CLIENT MAY BE REQUIRED TO FORFEIT ½ OF THE INVESTMENT FOR THAT APPOINTMENT.

EXAMPLE: CANCELLING WITHIN 24 HOURS OF A 1 HR. APPT. MAY INCUR A \$20 CHARGE.

NO-SHOW, NO CALL: CLIENT FORFIETS 100% OF THE INVESTMENT FOR THE MISSED SCHEDULED APPOINTMENT.

CANCELLATION CHARGES DO NOT APPLY TO **PFT ORIENTATION** APPOINTMENTS. WE DO ASK THAT OUR TRAINERS SCHEDULES BE RESPECETED. IF YOU ARE UNABLE TO KEEP YOUR **PFT ORIENTATION** APPOINTMENT, PLEASE CALL AND RE-SCHEDULE.

For information on Personal Fitness Training e-mail Alexis at amazon@seacoastymca.org