



Bringing it all Together

Network Fitness, LLC Policies & Training Rates:

- **Notice of at least 24 hours in advance is required for cancellations.**
- Less than 24 hours notice for a cancellation will result in a charge for the full amount of the missed appointment.
- Personal training appointments are one (1) hour.
- Private appointments are one-on-one.
- Semi-private appointments include one trainer and two or more clients
- Paying for less than 4 appointments at one time requires a \$30 surcharge.
- Pre-paying for two or more months of training appointments entitles the client to certain bonus services (check with your trainer to find out what specials are currently offered)
- All training appointments must be paid prior to scheduled time.
- The client has 6 months from the last completed scheduled appointment to use all remaining pre-paid appointments, otherwise any unused pre-paid sessions are forfeited.
- Prices for individual services and monthly training rates are as follows:
(monthly rates include clients meeting 1 or more appointments per week)

Personal Training Performance Therapy/Education Appointments (1 trainer & 1 client for education of therapeutic exercises to improve functional performance)				
Location	1 hour w/kit purchase	1/2 hour w/kit purchase	1 hour w/o kit purchase	1/2 hour w/o kit purchase
Onsite for Trainer	70	40	100	60
Offsite for Trainer (your office or home)	100	70	150	100

Myofunction Group Performance Therapy Appointments (1 trainer & 10 or more clients for education of therapeutic exercises to improve functional performance)		
Location	1 hour w/kit purchase	1 hour w/o kit purchase
Onsite for Trainer	20 each	30 each
Offsite for Trainer (your office or home)	30 each	40 each

Private Appointments (1 trainer & 1 client in the gym)						
Number of Pre-Paid Months	1x week	2x week	3x week	4x week	5x week	price per
1 Month of Private Appointments	360	720	1080	1440	1800	90
2-Months Pre-Payment Package	600	1200	1800	2400	3000	75
3-Months Pre-Payment Package	720	1440	2160	2880	3600	60

Semi-Private Appointments (1 trainer & 2 or more clients in the gym; prices are for each client)						
Number of Pre-Paid Months	1x week	2x week	3x week	4x week	5x week	price per
1 Month of Semi-Private Appointments	220	440	660	880	1100	55
2-Months Pre-Payment Package	400	800	1200	1600	2000	50
3-Months Pre-Payment Package	540	1080	1620	2160	2700	45



Bringing it all Together
Policies & Training Rates (continued)

In-Home Appointments (1 trainer & 1 client in the client's home. Each additional person adds \$5 per session.)						
Number of Pre-Paid Months	1x week	2x week	3x week	4x week	5x week	price per
1 Month of In-Home Appointments	400	800	1200	1600	2000	100
2-Months Pre-Payment Package	680	1360	2040	2720	3400	85
3-Months Pre-Payment Package	840	1680	2520	3360	4200	70

Additional Services:

- Functional movement screen** **\$100** (test to determine core stabilization strength & flexibility imbalances)
- Monthly exercise program design** **\$200** (per month)
- Bodyfat test** **\$45** (test conducted in the gym)
- Nutrition profile** **\$50** (includes metabolic profile and caloric needs for goal)
- Menu design (each daily menu)** **\$60** (menu of foods set within the appropriate range for goal)
- Full nutrition design & menu write-up** **\$100** (Includes bodyfat test, nutrition profile, and 1 daily menu)
- Total nutrition design & menu write-up** **\$250** (Includes bodyfat test, nutrition profile, 3 daily menus, and e-mail follow-up for one month)

Corporate wellness programs and presentations are individually contracted, designed and priced based on needs of the client. Contact us to discuss your needs.
 (Sample presentation pricing is as follows: \$625 for all written and educational/ consumable materials for 22 participants for a single presentation lasting not more than 2 hours, with \$30 each for any additional participants.)

I understand the Network Fitness policies and agree to abide by them.
 All aspects of the enforcement of the policies have been adequately explained to me.

Signature: _____

Date: _____