

TK ProFitness 2009 Fee Schedule

Training Schedules

- Daily workouts completed via website or email
- Unlimited contact with coach
- \$325 per month (1st and last month payment required)

Phone Consultations – charges apply to non contracted clients

- 30 minutes - \$55
- 60 minutes - \$90

ProFitness Training Sessions *

- 30 minutes - \$75 – Equipment consultations
- 60 minutes - \$125 – Testing or technique sessions.
 - * Outcalls - additional \$30
 - * Additional persons in session – 1st is \$25, each additional \$10
 - * Facility charges may apply

Private Training

- Half Day (3 hours) or Full Day (6 hours) sessions are available - please contact Tim to discuss your needs.
- \$125 – Bike Fit or Equipment consultations (approx. 60min)
- \$180 – Testing or technique sessions (approx. 90 min)

LATE CANCELLATION OR NO SHOW POLICY

If you make a reservation and choose cancel or miss your appointment, you will either lose a class or be charged the fee for the full session. Canceling a class within 12 hours prior to the start will also result in either the loss of a class or a charge of \$20. Oftentimes classes fill up. If you make a reservation and don't show up, that's a space a fellow student could have filled. Thanks for your understanding and see you soon!

LATE ARRIVAL POLICY

TK ProFitness is designed as a group personal training session so arriving late for class is disruptive and affects the workout for the rest of the group. If you're late, the instructions will need to be restated - instead of correcting form and encouraging students the way a personal trainer should.

All classes will close 10 minutes after the start time. Arriving late (after 10 minutes) will result in waiting for the next class to begin (providing there is space available) or rescheduling.