

CLASSIC FITNESS & WELLNESS
Price and Policy Information - 2008

Telephone or Maplewood Office Coaching / Training Fees

Monthly: \$420 - 4 one-hour sessions completed within any four - week period.

Three-month plan: \$1000 - 10 one-hour sessions to be used within a three consecutive months time period telephone coaching sessions (anywhere in the country) or at Maplewood office.

In home Personal Training / Wellness Coaching in Maplewood / S.O.

Additional fees added for traveling depending on time and distance.

\$125 one hour (\$115) senior 80 years and on...

Special situations:

\$100 $\frac{3}{4}$ hour (\$90) seniors or special situations

\$ 90 $\frac{1}{2}$ hour (\$80) same as above

On site Personal Training / Coaching session package

Purchase 10 or more personal training/coaching sessions and reduce the per session price by \$10 / session. Sessions are valid for a three-month period beginning with the date of your first appointment.

- Customized packages of telephone wellness coaching and personal training packages can be arranged.
- Small group sessions for coaching and/or training are available – prices for groups will vary dependent on the size of the group, distance and location.
- Unlimited amount of email correspondence/support with both training and coaching programs.
- Included in all programs are brief phone conversations to support your goals.
- Programs are designed to help you stay on track and accountable for your health and wellness goals. Your success is my success!

Cancellation Policy – please read carefully

To cancel or reschedule an appointment, please call no less than 24 hours in advance of your scheduled appointment. Appointments cancelled or rescheduled in less than 24 hours will be charged in full – taking into consideration emergencies. Messages can be left 24 hours/day **973-761-5758** – please do not depend on email messages to get through – sometimes they do not. This phone voice mail system is confidential, reliable and records all necessary information as well as the date and time of the call.

- All CFW services are **non-transferable** to others.
- **Refund policy:** Unused coaching or training sessions are refundable if your request is made before the expiration date of three months from date of payment. The amount refunded will be calculated by subtracting sessions completed at the full and current price at the time requested and any discounts applied will be forfeited.
- **Referral Gifts:** Referrals are always appreciated and the best compliment to services. If you refer a new client who completes six or more paid-in-full training or coaching sessions you will receive a gift certificate for one-hour of the same. The new client must identify the referral on or before their first scheduled session. Family members are included as referrals.

Please acknowledge that you accept and agree with this policy by signing below.

Name (Print) 18 or older or parent or guardian

Signature

CLASSIC FITNESS & WELLNESS

Office: 973-761-5758

Email: Risa@RisaClassicCoach.com

Website: www.RisaClassicCoach.com

Fax: 973-761-4061

Cell: 201-618-5582

PLEASE MAKE ALL CHECKS PAYABLE TO:

Classic Fitness, Inc.

(\$20 fee will be charged for returned checks, thank you)