



✦ PRIVATE COACHING RATES ✦

SINGLE SESSION

60 min / \$125

PARTNER SESSION

60 min / \$175

GROUP SESSION

60 min / \$225

Your success is central to how we operate! Accordingly, NCK rates look to reward training consistency and long-term commitment.



3x / WEEK

Length	Rate	Savings
90 days	\$106.25 / session	15%
	\$1275 / month	(\$675)
6 months	\$100 / session	20%
	\$1200 / month	(\$1800)



2x / WEEK

Length	Rate	Savings
90 days	\$112.50 / session	10%
	\$900 / month	(\$300)
6 months	\$106.25 / session	15%
	\$850 / month	(\$900)

PARTNERS ON YOUR FITNESS JOURNEY



www.NCKFIT.com / 802-438-1017



TERMS AND CONDITIONS

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Payment is due prior to training. Sessions expire 30 days from the billing date. Provided 24 hours notice is given, cancelled sessions may be made up within the month, when schedule permits. Sessions cancelled within 24 hours will be charged in full. All sessions are non-refundable. Rates are subject to change

FAQS

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I prefer that my clients complete every session paid for while providing reasonable accountability to your commitment. The following are considerations:

WHAT HAPPENS WHEN I'M TRAVELING OR ON VACATION?

To accommodate busy schedules I will front/back load sessions around planned travel and time off, to help stay on track. I appreciate you providing advance notice of time off whenever possible.

WHAT HAPPENS IF MY TRAINER IS ON VACATION?

Your trainer will provide 3 weeks notice of vacation during which we will coordinate to make arrangements that best suit your needs.

WHAT HAPPENS IF UNEXPECTED COMMITMENTS ARISE?

In unforeseen cases, when life gets in the way, we will be flexible to roll-over sessions which may be used within the following month.

WILL I LOSE SESSIONS IF I NEED TO CANCEL WITHIN 24 HOURS?

When schedule permits, late cancellations may be rescheduled within the same week.

IF I AM UNABLE TO USE ALL MY SESSIONS MAY I TRANSFER THESE TO ANOTHER PERSON?

While sessions are non-refundable, I will gladly transfer sessions to a family member or friend if necessary.

PARTNERS ON YOUR FITNESS JOURNEY

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