



## PERSONAL TRAINING PACKAGES

### Beginnings

Your initial training session will get you on the road to better health and fitness. During our first meeting, we will discuss your health and fitness goals, assess your past and current state of wellness, and explore fun and exciting training possibilities. In addition to your long-term goals, short-term goals will also be noted to allow you to enjoy each success as it is attained. The format of your fitness regimen will be catered to your interests and needs, and a comprehensive and varied programme will be designed to keep you engaged over a longer term.

### Motivation

In order to keep you on track, moving steadily toward your goals, we will track your progress in areas such as muscular strength, cardiovascular endurance and flexibility. We will periodically revisit your short and long-term goals to ensure they are attainable and continue to serve your needs and desires. We will continue to celebrate your victories and reach towards newer wellness aspirations.

### Commitment

By choosing to pay for your training sessions in packs of 5 or 10, you have made the commitment to your personal fitness. As a reward for your dedication, you will receive a discount off of the cost of a single session, depending on how many sessions you purchase, and whether you choose to train privately or with a partner (semi-private).

### Referrals

As an existing personal training client, you have the power to inspire others to prioritise physical and mental wellness in their lives. Should you refer a friend or family member to Fired Up Fitness, and he/she in turn purchases one of the multiple session plans, you will receive a £20 credit towards your next single or multiple session payment.

### Rewards

Your increased energy level, strong muscles and overall sense of wellness are just a few of the benefits that accompany an active, healthy lifestyle. Congratulations on giving yourself this time and attention! May your wellness journey be fulfilling, balancing and gratifying!

<u>PAYMENT PLANS</u>		
<b>Falmouth Area In-Home and Outdoor Training</b>	<b>Private</b>	<b>Semi-private</b>
<input type="checkbox"/> Single Session	£40 per hour	£28 (per hour, per person)
<input type="checkbox"/> 5-Session	£190 (£38 per hour)	£125 (£25 p.h., p.p.)
<input type="checkbox"/> 10-Session	£350 (£35 per hour)	£230 (£23 p.h., p.p.)

Unless otherwise noted, payment shall be made **prior to or at the start** of each individual session (or 5- or 10-session cycle). **BACS or credit card payments accepted. Cancellations less than 24 hours prior to the start of appointment times will result in forfeiture of that session's payment (or equivalent hourly rate).** BACS transfers may be made to:

Monzo Bank

Account Name: Elisabeth Watson

Account number: 80097116

Sort code: 04-00-04

Debit card payments up to £100 can be made via <https://monzo.me/elisabethwatson>.