



## PERSONAL TRAINING PACKAGES

### Beginnings

Your initial training session will get you on the road to better health and fitness and give us both a clearer understanding of your goals and motivations. We'll discuss your health history (which you will have listed in the [Registration Form](#)) and explore different types of 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 session will cater 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 can track your progress in areas such as muscular strength, cardiovascular endurance and flexibility. However, not everyone enjoys that sort of monitoring, so we will do what feels right and comfortable for you. We may periodically revisit your short and long-term goals to ensure they are attainable and continue to serve your needs and desires. We will celebrate your victories and keep moving forward!

### 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 they in turn purchase 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, strength and overall sense of wellness are just a few of the benefits that accompany a commitment to training. Congratulations on giving yourself this time and attention and may your journey be fulfilling, balancing and gratifying!

<b><u>PAYMENT PLANS</u></b>		
<b>Falmouth Area In-Home and Outdoor Training</b>	<b>Private</b>	<b>Semi-private</b>
<input type="checkbox"/> Single Session	£50 per hour	£30 (per hour, per person)
<input type="checkbox"/> 5-Session	£240 (£48 per hour)	£140 (£28 p.h., p.p.)
<input type="checkbox"/> 10-Session	£460 (£46 per hour)	£260 (£26 p.h., p.p.)

Unless otherwise noted, payment shall be made **prior to the start** of each individual session (or 5- or 10-session cycle).

**BACS or 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>.