**Sports Performance/Personal Training Contract**

We are excited you have chosen Rock and Armor for your workouts. We strive to provide the best product to meet your needs and help you achieve your goals. Because we know you are dedicated to achieving your goals, we have designed the below contract so you, your trainer, and our billing team are all on the same page.

**One- on- One Personal Coaching**

This is exactly what it sounds like: a full hour of time devoted entirely to you. Get ready to get the best workout of your life. Free evaluation and $55 per session or $297 for 6 sessions ($49.50/session).

**Coaching for group of two**

What could be better than training with a friend? This option is great for two individuals closely matched who can motivate each other while still receiving personalized coaching. Free evaluation and $40 per session per client or $226 per client for 6 sessions ($36/session per client)

**Coaching for group of three**

Just like the option for training with two, but now bring two friends for more motivation and greater savings. Free evaluation and $30 per session per client or $162 per client for 6 sessions ($27/session per client)

**Rock and Armor Classes**

The best value at Rock and Armor is our group classes. These are great for individuals looking to have value-based training from our skilled and experienced coaches, while being surrounded by a group 5-15 individuals of similar age and ability. A full list of current classes is available at [www.rockand](http://www.rockand)armor.com

**Cancel/No Show Policy/Rescheduling**

Your compliance and attendance to your personal training sessions are vital for success. Please value your trainer’s time and efforts to help you become the best version of yourself. We value your time, our time, and understand that you need consistency to achieve your goals. We also understand *life happens,* and want to work as a team, with the following policy:

* Cancelations are considered calling to cancel your appointment with 12 hours notice. You are permitted to one cancelation per month prior to being charged for that session.
* No shows are considered calling less than 12 hours prior to appointment, or not giving any notice. You are permitted one no show per month prior to being charged for that session. Thank you in advance for your time and attentiveness to this matter.
* If you need to reschedule your appointment you may be subject to joining another small group or leading an independent workout to make up your missed session. This will be based on the trainer’s and member’s schedule.

**Fee Schedule**

One on One personal coaching pay per session $55 per session

One on One personal coaching $297 for 6 sessions

Group of two coaching pay per session $40 per person

Group of two coaching $226 for 6 sessions per person

Group of three coaching pay per session $30 per person

Group of three coaching $162 for 6 sessions per person

By signing this agreement, I understand that I am responsible for the amount due based on my training preferences. I also understand and agree to the cancelation/no show policy.

Signature: Date:\_\_\_\_\_ \_\_\_\_

Billing Coordinator Signature: Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_