



Rates & Policies

1. FREE CONSULTATION: A face-to-face meeting to discuss your health, fitness and nutritional goals. We will also prepare a plan to help you achieve these goals. When your consultation ends, you will know exactly what steps are needed to attain the healthy and fit body you desire.

Schedule your FREE Consultation now!

Call or text (985) 312-9407

2. RATES: *Some trainer's rates may vary slightly, contact us for specific trainer's rates.*

1 hour session packages from \$39 each.

1/2 hour session packages from \$25 each.

Remember to ask about our new client special rates.

3. PAYMENT: Payments for services must be in-full and in advance. All payments are due at or prior to the first session.

4. CANCELLATIONS: All cancellations or rescheduled appointments must be made directly to your personal trainer by 5:00 PM the day before the scheduled appointment, or you may be charged for the missed session. To ensure your message is received in time, do not cancel using email or text message. Save your trainer's phone number and call them to cancel, to reschedule or to inform them that you may be late. In the event you are late without giving notice, your trainer will wait no longer than 10 minutes. If running late, please provide notice and your trainer will wait for you.

5. LOCATIONS: Some locations allow clients to train without joining the gym and without paying a guest fee. This means anyone can train with us at these locations for only the cost of training. Other locations may require the client to be a member of the facility.

6. OTHER POLICIES: Sessions cannot be modified. For example, a 1 hour session cannot be split into 2 – 1/2 hour sessions. For this reason we offer pricing for 1 hour and 1/2 hour sessions. All sessions will begin at the scheduled time and will end either 1 hour or 1/2 hour after the scheduled time to begin. Please be on time.

We look forward to meeting you and working with you to achieve your health and fitness goals!

Contact us now to get started: (985) 312-9407