

RACHAEL HUNT

PERSONAL TRAINING

2010 Personal Training Packages

Training Package	Number of Sessions	Price per hour
Bronze Body System Training	10	£55
Silver Total Body Development System	15	£55
Gold Total Body Transformation System	20	£55
Programme Design	2	£100
Thai Boxing	10	£55
Squash Coaching	10	£55
Group Personal Training 2-3 people	10	£100
Group Personal Training 4-6 people	10	£120

Bronze Body System Training:

Free Initial Consultation

Body Composition Analysis

1 x 1 hour Personal Training Sessions per week

Monthly Individualised Programme Designs

Price: 10 Sessions - £55 per hour

Silver Total Body Development System:

Free Initial Consultation

Body Composition Analysis

2 x 1 hour Personal Training Sessions per week

Fortnightly Individualised Programme Designs

Nutritional Coaching

Price: 15 Sessions - £55 per hour

Gold Total Body Transformation System:

Free Initial Consultation

Body Composition Analysis

3 x 1 hour Personal Training Sessions per week

Weekly Individualised Programme Designs

Nutritional Coaching

Price: 20 Sessions - £55 per hour

Programme Design:

1 hour Initial Consultation / Review

Body Composition Analysis

Individualised Programme Design

1 hour Programme Demonstration

Price: 2 Sessions - £100 per hour

Thai Boxing:

Free Initial Consultation

Body Composition Analysis

10 x 1 hour Thai Boxing Sessions per week

Individualised Programme Design

Fitness Testing

Price: 10 Sessions - £55 per hour

Squash Coaching:

Free Initial Consultation

Body Composition Analysis

10 x 1 hour Squash Sessions

Individualised Programme Design

Fitness Testing

Price: 10 Sessions - £55 per hour

Group Personal Training / 2-3 people:

Free Initial Consultation

Body Composition Analysis

Fitness Testing

10 x 1 hour Group Training Sessions

Price: 10 Sessions - £100 per hour

Group Personal Training / 4-6 people:

Free Initial Consultation

Body Composition Analysis

Fitness Testing

10 x 1 hour Group Personal Training Sessions

Price: 10 Sessions - £120 per hour

All training packages include:

- **Your own Personal Training Folder**
- **An individual Progress Tracker**
- **A copy of your Individualised Training Programme**
- **Free Quarterly Newsletter**
- **Free Report on 7 Ways to turn your body into a Fat Burning Machine**
- **Ongoing support via email, telephone and text**
- **Guaranteed Results or your money back**

Terms & Conditions

Payment

All payments for sessions need to be settled prior to training. Payments can be made via online transfer, cash or cheque and made payable to 'Rachael Hunt'.

Our **money back guarantee** is available on all personal training packages prior to

your fourth session. If you decide that personal training isn't for you for whatever reason we will reimburse you for the full price of your package.

Cancellation Policy

Rachael Hunt Personal Training works on a scheduled appointment basis. In order for us to effectively use our time we ask that you give **48 hours notice** when cancelling an appointment. Personal training sessions cancelled inside of 48 hours will be billed at the normal rate of a single session.

www.rachaelhunt-pt.co.uk

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