

# PILATES REFORMER OR EXO-CHAIR PERSONAL TRAINING



Personal training offers a convenient one-on-one, individualized exercise training with a certified Pilates Reformer instructor. This program also offers "dual" training where you and a friend can team up and train together.

### INDIVIDUAL PRICES FOR OPTION NO. 1 (1 Person)

**1 Session \$45/\$55 10 Sessions \$400/\$500 (Sessions are 50 min. in length)**

Name _____	Phone _____	Hand Key _____
Address _____	City _____	St _____
Personal Trainer Preferred: Name _____	Today's Date _____	
Best Day(s) to meet with Trainer _____		
Best Time Frame _____	Amount Paid \$ _____	Receipt No. _____

### INDIVIDUAL PRICES FOR OPTION NO. 2 (2 People)

**1 Session \$30/\$35 each person 10 Sessions \$250/\$300 each person**

<b>Person No. 1</b>		
Name _____	Phone _____	Hand Key _____
Address _____	City _____	St _____
<b>Person No. 2</b>		
Name _____	Phone _____	Hand Key _____
Address _____	City _____	St _____
Personal Trainer Preferred: Name _____		Today's Date _____
Best Day(s) to meet with Trainer _____		
Best Time Frame _____		
Amount Paid Person 1 \$ _____	Receipt No. _____	
Amount Paid Person 2 \$ _____	Receipt No. _____	

If you need to cancel a scheduled private or duet Pilates Personal Training session, you must do so 24 hours in advance of your scheduled session time. If you do not cancel 24 hours prior, that session will be charged to your account and no additional makeup time will be allotted. This policy is in place for the sheer respect of the trainer who often times comes in specifically to train you.

Please contact your trainer directly for cancellations and to reschedule your personal training time.