



**PERSONAL TRAINING:**

- ONE-ON-ONE TRAINING
- PERSONALIZED WORKOUTS TO FIT YOUR NEEDS/GOALS
- SCHEDULE FLEXIBILITY
- STABILITY, FLEXIBILITY, RESISTANCE, ENDURANCE TRAINING
- FITNESS ASSESSMENT
- WEEKLY GOAL SETTING SESSIONS

**PACKAGES:**

- 4 SESSIONS: \$160
- 8 SESSIONS: \$320

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**GROUP FITNESS CLASSES:**

- 3 CLASSES/WK
- CLASS VARIETY
- SET SCHEDULE
- COMMUNITY
- MODIFIERS/INTENSIFIERS FOR ALL LEVELS

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**Rates:**

- UNLIMITED: \$40
- DROP-IN: \$5/CLASS

\*\*\*ADD THE UNLIMITED GROUP FITNESS PACKAGE TO ANY  
PERSONAL TRAINING PACKAGE (5+) AND GET \$10 OFF



# POLICIES & PROCEDURES

1. DISCLAIMER: YOU SHOULD ALWAYS CONSULT YOUR PHYSICIAN OR OTHER HEALTHCARE PROVIDER BEFORE CHANGING YOUR DIET OR STARTING AN EXERCISE PROGRAM. BY SIGNING UP FOR RACHAEL ANGUS FITNESS, YOU ASSUME THE FOLLOWING. "I UNDERSTAND THAT THERE IS A RISK OF INJURY ASSOCIATED WITH PARTICIPATING IN VIRTUAL TRAINING WITH RACHAEL ANGUS FITNESS.

I HEREBY ASSUME FULL RESPONSIBILITY FOR ANY AND ALL INJURIES, LOSSES AND DAMAGES THAT I INCUR WHILE ATTENDING, EXERCISING OR PARTICIPATING IN RACHAEL ANGUS FITNESS. I HEREBY WAIVE ALL CLAIMS AGAINST RACHAEL ANGUS FITNESS FOR ANY AND ALL INJURIES, CLAIMS OR DAMAGES THAT I MIGHT INCUR. "

2. CANCELLATION POLICY & PAYMENT: IF YOU SCHEDULE A PERSONAL TRAINING SESSION AND YOU NEED TO CANCEL FOR ANY REASON, YOU MUST NOTIFY RACHAEL ANGUS FITNESS VIA TEXT, EMAIL, OR PHONE AT LEAST EIGHT (8) HOURS PRIOR TO THE SESSION. IF YOU CANCEL WITHIN EIGHT HOURS, OR FAIL TO ATTEND (NO CALL, NO SHOW) THAT SESSION WILL BE COUNTED AS PART OF YOUR PACKAGE PURCHASED. (EMERGENCIES NOTWITHSTANDING, HANDLED ON A CASE-BY-CASE BASIS AT THE DISCRETION OF RAF) ALL PAYMENTS SHOULD BE MADE UP FRONT PRIOR TO SCHEDULING A SESSION/THE FIRST GROUP FITNESS CLASS. PAYMENTS CAN BE MADE THROUGH RACHAELANGUSFITNESS.COM. SESSIONS WILL EXPIRE 90 DAYS FROM PURCHASE DATE.

3. REFERRAL PROGRAM: FOR EACH INDIVIDUAL YOU REFER WHO PURCHASES A PERSONAL TRAINING PACKAGE/UNLIMITED GROUP FITNESS PACKAGE, A \$15 REFERRAL BONUS CODE WILL BE EMAILED TO YOU TO USE ON YOUR NEXT PURCHASE.