



Kat Millar Training Policy 2013

1. Online payment details - All payments to be made into the following account:

BSB 06 2108

Account number 1021 4583

Commonwealth bank, K A Millar.

Please use your name as the reference.

2. Save by paying early

To take advantage of the early-bird saving (see below), payment must be made 24 hours before the training session. If payment is made less than 24 hours prior to the training session, a \$5 fee applies.

3. Cancellation policy

I have a 24 hour cancellation notice policy for each training session. If you need to cancel an appointment, 24 hours notice is required or the session will be charged for in full.

Training sessions and nutrition consultations:

One on One Personal Training - paid 24 hours in advance

30 minutes – 45.00

45 minutes – 65.00

60 minutes – 85.00

An additional \$5 per session applies for all training sessions paid for after the training session.

Savings and discounts

Pay for 10 sessions in advance and receive a training session free (for example, if you do 45 minutes sessions, you will receive a 45 minute session free, making each session \$58.50).

Training programs

Updated, typed personalised training programs with photos and descriptions – 35.00

Between us, we can get you to your health and fitness goals in a fun, efficient and effective way!

By entering (or otherwise participating), I expressly agree and consent to the following:

1. To complete the training sessions and activities to the best of your ability.
2. To assume all risk of injury, harm, damage or loss arising from participation in the program.

I, _____ agree to abide by the above terms and conditions and I commit to my agreed Personal Training sessions and payments.

Signature : _____

Date: _____

Always consult with a physician before starting any new exercise or nutrition program if you have ever had any medical conditions, injuries or regularly use medication.