

# ASPT INVESTMENTS



[www.allstarspersonaltraining.com](http://www.allstarspersonaltraining.com)

# Aspt Investments



## PERSONAL TRAINING –ONE ON ONE

Member	30 Minute One on One	60 Minute One on One
Basic	\$50	\$90
Premium	\$55	\$100
Platinum	\$60	\$110

## SEMI PRIVATE

	30 Minutes	60 Minutes
2 People	\$40	\$60
3 People	\$35	\$50
4 People	\$25	\$40

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## PERSONAL TRAINING PACK

MEMBER	10 x 30 Minutes	10 x 60 minutes
Basic	\$475	\$875
Premium	\$525	\$950
Platinum	\$575	\$1000

## SEMI-PRIVATE TRAINING PACKS

No. of client's	10 X 30 Minutes	10 x 60 Minutes
2	\$375	\$550
3	\$325	\$450
4	\$225	\$350

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## PLEASE NOTE – IMPORTANT INFORMATION

All assessments are \$85 and will take up to an hour. Please wear something tight to show the true lines of your body for the before picture which is a great tracking tool that we can compare to every 6 weeks. Believe me when I tell you after so long in the industry you'll be disappointed when you don't have a picture you can refer to in the future.

Client's are to invest \$100 upfront for your eating plan, shopping list and training program preparation if you only choose to pay via a single session each time rather than a 10 pack upfront.

If you purchase a 10 pack you will receive a SMS to confirm the sessions purchased followed by a receipt sent via email. Each session is then marked off via text and by signing the client session folder.

**\*You don't have to be a member to train with me at Box HQ nor do you have to pay a casual visit. You'll only pay for the personal training**

*\*All Client's get the 100% money back guarantee if you follow the plans and don't achieve your goals.*

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## PLATINUM MEMBER



1. Personal Training session's
2. Ongoing Detailed Eating plan every 6 weeks
3. Ongoing Specific training programs including core/cardio plans every 6 weeks
4. Monthly seminars on fat loss, maximizing your workouts, nutrient timing
5. 1 x semi-Private sessions weekly (30 minutes)
6. Group training every week (Valued @ \$20 per session)
7. Email to further educate you towards your goals
8. OPTIONAL Metabolic Precision folder (Valued @ \$350)
9. Recipes
10. Supermarket Shopping tour (Valued @ \$110)
11. Video's to support you through our journey
12. Nutrition/training/recovery Tips via SMS daily
13. Weekly assessments to monitor & track your progress
14. DEXA Scan offer (Prices on request)
15. 12 week photo shoot offer (Prices on request)
16. Webinar's
17. 2 x 30 minute personal training/assessment sessions for family & friend's (Valued @ \$110)
18. Entry into weekly challenges to win prizes
19. Transformation challenge entry (Valued @ \$350)
20. Train with the trainer once a month (\$110)
21. Weekly Stretch sessions (morning or night session)

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## PREMIUM MEMBER

1. Personal Training session's
2. Ongoing Detailed Eating plan every 6 weeks
3. Ongoing Specific training programs including core/cardio plans every 6 weeks
4. Monthly seminars on fat loss, maximizing your workouts, nutrient timing
5. 1 x semi-private sessions every 2<sup>nd</sup> week (30 minutes)
6. Group training every week (Valued @ \$20 per session)
7. Email to further educate you towards your goals
8. (Optional) Metabolic Precision folder (Valued @ \$350)
9. Recipes
10. Nutrition/training/recovery Tips via SMS daily
11. Weekly assessments to monitor & track your progress
12. DEXA Scan offer (Prices on request)
13. 12 week photo shoot offer (Prices on request)
14. 1 x 30 minute personal training/assessment session for family or friend (Valued @ \$110)
15. Entry into weekly challenges to win prizes

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## BASIC MEMBER PACK

1. Personal Training session/s
2. Detailed Eating plan for 6 weeks (***Must pay every 6 weeks***)
3. Specific training programs including core/cardio plans for 6 weeks (***Must pay every 6 weeks***)
4. 1 x Group training session every 4 weeks
5. Weekly email to further educate you towards your goals
6. Nutrition/training/recovery daily text via SMS
7. Weekly assessments to monitor and track your progress
8. 1 x 30 minute personal training session for your family or friend



# TERMS & CONDITIONS



- All sessions purchased are NON REFUNDABLE. All sessions can only be used on Personal Training OR transferred into a gift voucher for a family member OR friend.
- All sessions are to be used within a 3 month time frame unless the package purchased extends beyond time specified OR unless you have a serious injury or condition.
- All sessions will start at the allotted time and finish at the end of the session time. If you show up 10 minutes into the session and there is a client after you then the session will finish at the allocated time of the next session to ensure fairness to the next client.
- Clients are required to give 24 hours notice if you wish to cancel your session otherwise you will FORFEIT that session, meaning you will pay for the session booked. If you FAIL TO SHOW you will also be charged for the session.



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## ONLINE PERSONAL TRAINING

**6 WEEKS ONLINE – \$49.95**

**3 MONTHS ONLINE – \$69.95**

**6 MONTHS ONLINE – \$89.95**

**12 MONTHS ONLINE – \$99.95**