

PERSONAL TRAINING with DEBBIE BRADFELD

"SHAPE MATTERS"

www.shapematters.co.za

(082 46 42 310)

PERSONAL TRAINING RATES (with effect 1 Jan 2011)

REGULAR / EXISTING CLIENTS – Monthly Contracts:-

1-HOUR SESSIONS:-

OPTION	No. Weekly Sessions	Cost per session	Cost per Month
1	1 weekly session	R198 per session	R 790
2	2 weekly sessions		R1 585
3	3 weekly sessions		R2 175
4	4 weekly sessions		R2 900

R120/ per partner per session (monthly total according to no. of sessions per week) Restricted to 2 only

½ HOUR /30 min SESSIONS

OPTION	No Weekly Sessions	Cost per session	Sessions per month	Cost per month
1	1 weekly session		4	R495
2	2 weekly sessions		8	R950

R110 per partner per session (2 partners only) – monthly total in accordance with no. of sessions/week

First Time / START-UP-PACK Clients:-

1. 45min Assessment: R190 (includes body composition analysis: body fat %, girth/cm readings and relevant screening assessment to devise programme – Heart Rate; BP & VO2 max fitness determination, & relevant fitness and biomechanical assessments etc.)
2. TRAINING PROGRAMME REQUEST: Once-off - R590 - includes 2 x 1hr sessions for screening procedure, lifestyle consultation, assessment, personal training and coaching, personal tailor-made programme supplied, customized to client needs; in addition to above requirement.

BANK DETAILS: (for DEPOSITS/TRANSFERS) *NB-Payment Reference =name of member/client

On request