



Personal Training Rate Card*

SPORTIME Quogue

**Please be sure to read the reverse side of this card.*

Sessions	Master Trainer	Senior Trainer	Staff Trainer
1 hr x 1	\$95	\$85	\$75
1 hr x 5	\$450	\$400	\$350
1 hr x 10	\$855	\$765	\$675
1/2 hr x 1	\$55	\$50	\$45
1/2 hr x 5	\$250	\$225	\$200
1/2 hr x 10	\$475	\$425	\$375

Please note: One-hour sessions may not be divided into two half-hour sessions. Clients who wish to take half-hour sessions must purchase half-hour sessions. Gold, Platinum and Plus members receive 10% off the listed rates. Membership must be maintained throughout the package term to receive the discount. Packages are non-refundable and must be paid in full before the first training session. **Series/Value Pack sessions expire 6 months from date of purchase.**



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BENEFITS OF A PERSONAL TRAINER

- Help you establish your fitness goals
- Help you learn the basic fundamentals
 - Get you started right
 - Help you to stay motivated
 - Get you educated

Did you know...?

- After the age of 20 you are naturally losing muscle unless you include a proper weight training program.
- It is your muscles that burn most of the calories and fat you use each day.

Message to our P.T. clients re: finances

In an effort to provide better member service, and to insure accurate accounting, Sportime uses Point of Sale/Scheduler software for the purchase and tracking of personal training sessions.

Prior to each training session, a member must check-in at the reception desk, indicate that he/she is scheduled for a training session, and sign a SALE/VALUE PACK RECEIPT. This RECEIPT must be given to your trainer **before** the training session can be initiated.

If you have any questions, please don't hesitate to speak with a membership advisor, your trainer, or the manager on duty.

Thank you for your cooperation. We look forward to helping you meet and exceed your fitness goals.