PERSONAL TRAINING & CUSTOM TRAINING PROGRAMS
by BMC PERFORMANCE COACHING

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Training & Performance Facility:
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(Payment options through Venmo or Zelle – TBD by client and trainer)

PERSONAL TRAINING SESSIONS:

30-45 Minute Consultation: Complimentary

- Formal introduction
- Understanding client goals and overview of trainer approach
- Inquiry into injuries, medical history, mobility issues, etc.
- Open Q&A

30 Minute Personal Training Sessions:

- **1-on-1: $52/Session**
- Options:
    - In Person
    - Virtual (via client's preferred platform, i.e. FaceTime, Zoom, HangOuts, etc)
- **2-on-1: $62/Session ($31/person)**

60 Minute Personal Training Sessions:

- **1-on-1: $84/Session**
- Options
    - In-person
    - Virtual (via client's preferred platform, i.e. FaceTime, Zoom, HangOuts, etc)
- **2-on-1: $100 ($50/person)**

What you get:

- Preplanned and personalized training session based off initial assessment & client's goals
- Ideal option for clients
    - Who are looking for extra accountability
    - Who need more direction on exercise selection
    - Who would like an "extra pair of eyes" on how they're performing their movements

PERSONAL TRAINING PACKAGE DEALS:

- 30 min training packages
  - 4-session package
    - **1-on-1 $200 ($50/session)**
    - **2-on-1 $240 ($60/session)**
  - 8-session package
    - **1-on-1 $384 ($48/session)**
    - **2-on-1 $464 ($58/session)**
  - 12-session package
    - **1-on-1 $552 ($46/session)**
    - **2-on-1 $672 ($56/session)**
  - 16-session package
    - **1-on-1 $704 ($44/session)**
    - **2-on-1 $864 ($54/session)**

- 60 min training packages
  - 4-session package
    - **1-on-1 $328 ($82/session)**
    - **2-on-1 $380 ($95/session)**
  - 8-session package
    - **1-on-1 $640 ($80/session)**
    - **2-on-1 $720 ($90/session)**
  - 12-session package
    - **1-on-1 $936 ($78/session)**
    - **2-on-1 $1020 ($85/session)**
  - 16-session package
    - **1-on-1 $1216 ($76/session)**
    - **2-on-1 $1360 ($85/session)**

ADDITIONAL PRIVATE TRAINING OPTIONS:

SWIM PRIVATE LESSONS:

- Location: TBD
    - 30 min - **$50-55**
    - 60 min - **$70**
    - Packages (coming soon)
- Open Water Swim Training - **$80**
    - Minimum 60 mins
    - 3-Pack **- $225**

SMART TRAINER BIKE TRAINING:

- Indoor Bike Sessions
    - Trainer Rental - **$15/hr**
    - 60 min coached session - **$80**
        - 3-Pack **- $225**

SPORT-SPECIFIC ASSESSMENTS & TESTING:

- Sport-specific analysis - **$80 per session – 1 hour**
    - Swim assessment
        - On deck and underwater stroke evaluation
        - Drill recommendations for future swim workouts
    - Bike assessment (indoors)
        - Inspection of form and position
        - Recommendations on power and heart rate zones
        - Coaching tips for future workouts and development
    - Run assessment (outdoors, indoor coming soon)
        - Inspection of form and position
        - Recommendations on cadence, pace, and heart rate zones
        - Coaching tips for future workouts and development
    - FTP Test **- $100 – 1.5-hour session**
        - Coached and monitored Functional Threshold Power ("FTP") test
        - ***1.5 hour*** blocked workout
            - 45 mins warm up (on and off bike)
            - 20 mins - FTP test
            - 10-20 mins – cool down and stretch

CUSTOMIZED TRAINING PLANS:

- Programs Available:
  - Strength training
  - Triathlon performance training
  - Swim performance training
  - Cycling performance training
  - Run performance training

- Including (but not limited to):
  - In-person or virtual fitness assessment
  - Customized and periodized training program delivered through TrainingPeaks
  - Detailed daily goals and workouts
  - Fully Developed 4 to 6-week Training Cycles
  - Weekly and monthly check-in calls with coach
  - Data analysis – quantitative and qualitative
  - Guidance and instruction
  - Race-week nutrition (*if applicable*)
  - Race-day strategy and fueling (*if applicable*)

- Pricing:
  - 8 to 13-week Short Program
    - Standard - **$30/wk**

    (ex: Sprint distance triathlon, 5K, basic strength training)
    - Advanced - **$50/wk**

    (ex: Olympic distance triathlon, 10K to Half Marathon, intermediate strength training)
  - 13 to 26-week Long Program
    - Advanced Only - **$60/week**

    (ex: Half Ironman, Ironman, Marathon, Advanced Strength Training)

10% OFF COMBO DEAL:

- Purchase any combination of customized training plan + in-person coaching (strength training, swim lessons, bike training, assessments, etc) and receive an additional 10% off your total!
- Example:
  - 10-week custom "Short Program" training – Advanced = $300
  - 4-session personal training package = $312
  - One, 30 min swimming lesson = $45
  - Total = $657
  - With additional 10% discount = $591.30

POLICIES & DISCLAIMERS

- CANCELLATION POLICY: BMC Performance Coaching adheres to a 24-hour cancellation policy – if the client cannot / does not attend session, or needs to miss and cannot reschedule the session, and does not notify BMC Performance Coaching within 24 hours, the client will forfeit that session.

- All training sessions/packages must be purchased in full prior to training (split payments are available by request). Appointments and programs will not begin without payment.

- Children under the age of 16 are not permitted to utilize fitness equipment within the facility under any circumstances.

- Smoking, use of tobacco products, or alcoholic beverages are not allowed in the facility.

- Proper footwear is required.

- No animals other than those assisting the disabled are allowed in the facility.

- Each individual's health, fitness, and nutrition success depend on his or her background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.

- BMC Performance Coaching does not release, sell or distribute any personal information obtained during the assessment and/or training process to third parties. Participants may disclose personal and private information regarding their health and physical status. BMC Performance Coaching will maintain the confidentiality of these conversations with the participants at all times. BMC Performance Coaching must first ask and be granted the permission of the participant to disclose any of the information originally given to them.

- All training services – prices, policies and procedures are subject to change.

Acknowledgement & Agreement to Policies and Disclaimers:

TRAINER:

_____ Date: _____

CLIENT:

_____ Date: _____