

## FIT 100 Personal Training & Cancellation Policy

At FIT 100, we are committed to helping you reach your fitness goals. To ensure smooth scheduling and clear expectations, please review our updated personal training and payment policies.

### Payment & Session Guidelines

Clients may fall behind on payments for up to 2 sessions. After that, further sessions will be paused until payment is made. You can track your remaining sessions via the "Packages" tab in our app. Make sure to have activated the notifications to stay updated. Your trainer will also make you aware during your regular check-ins.

All packages must be paid in full.

#### Adults:

6 sessions package	Price	Price Per Session Per Person
1 Person	€270	€45
2 People	€405	€33.75
3 People	€540	€30

*Note: No gym access included. A separate gym membership is required if using the gym outside of PT sessions.*

12-Session Pack	Price	Price Per Session Per Person
1 Person	€540	€45
2 People	€810	€33.75
3 People	€1080	€30

*Note: Includes 12 credits for gym access during the package duration, valid only with PT sessions.*

#### For Clients Under 16

6 sessions package	Price	Price Per Session Per Person
1 Person	€270	€45
2 People	€338	€28.17
3 People	€405	€22.50

12-Session Pack	Price	Price Per Session Per Person
1 Person	€540	€45
2 People	€675	€28.12
3 People	€810	€22.5

### Cancellation Policy

- **24-Hour Notice:** Please provide at least 24 hours' notice when canceling or rescheduling a session. This helps us accommodate others and optimize our trainers' schedules.
- **Complimentary Late Cancellation:** Within a **12-session package**, you are allowed one free late cancellation (less than 24 hours' notice). After that, further late cancellations or no-shows will result in a session deduction from your package.
- **How to Cancel:** To cancel, contact your trainer directly or cancel via our app.

# **FIT 100 Personal Training & Cancellation Policy**

## **Session Communication Policy**

Trainer Availability:

- Jason & Shelby: 6:30 am – 12:00 pm, Monday to Friday
- Matt: 9:00 am – 5:00 pm, Monday to Friday
- Jagger: 3:00 pm - 8:00 pm, Monday, Wednesday.
- Jack: 5:00 pm - 8:00 pm, Monday to Thursday
- Messages sent outside these hours will be returned when your trainer is available.
- Non-Scheduling Inquiries: We encourage clients to reserve non-scheduling questions for in-person sessions to streamline communication.

## **Consulting & Programming Policy**

Consulting Services: Trainers may refer clients to external experts for services beyond their scope (e.g., nutrition, rehab). For nutrition, contact Eoin Murray at BodyScan (087 757 8160).

Additional Programming: If you require workout plans for at-home or gym use, additional charges may apply. We are working to enhance our programming services in 2025.

## **Insurance & Responsibility**

- Insurance: FIT 100's insurance covers clients aged 17 and older. Clients under 17 must have a signed waiver from a parent/guardian before starting training.
- Safety: All clients are responsible for maintaining safe exercise practices. If safety protocols are not followed, services may be discontinued.

## **Contact Us**

For any questions or clarifications, feel free to contact us:

- Phone: 085 842 4470
- Email: fit100hq@gmail.com

Thank you for choosing FIT 100 for your fitness journey!