



PERSONAL TRAINING POLICIES and FEES

GENERAL POLICIES

1. All training sessions offered by Iceberg Fitness are administered by professional Strength and Conditioning Specialist who possess certification in Strength and Conditioning with either the National Strength and Conditioning Association or British Columbia Recreation and Parks Association. All trainers carry personal liability insurance and are certified in CPR.
2. All forms must be completed, current, and on-file prior to each training session.
3. All participants must wear appropriate footwear and clothing.

Dynamic Training Packages

These packages offer flexibility to client's schedules. All sessions are schedule at the beginning of training, working within the schedule of the clients. Sessions expire within 1 year.

Dynamic Training Package	Cost / Session	Total Costs
Single Session	\$100	\$100
4 Sessions	\$85	\$340
8 Sessions	\$80	\$640
12 Sessions	\$75	\$900
16 Sessions	\$70	\$1120

Cancellation Policy: No charge will be levied if more than 24 hour notice is given to cancel an appointment. If less than 24 hour notice is given, the session will be charged in full unless the session is rescheduled within the next 4 days. It is recommended that all cancelled sessions be rescheduled to ensure consistency and progress.

Performance Training Packages

These packages are for those individuals who are committed to their personal development. Clients are committing to the number of sessions per week over a 4 week period. Packages will expire after 4 weeks from the beginning of training.

Performance Training Package	Cost / Session	Total Costs
1 session / week	\$80 (4 sessions)	\$320
2 sessions / week	\$75 (8 sessions)	\$600
3 sessions / week	\$70 (12 sessions)	\$840
4 sessions / week	\$65 (16 sessions)	\$1040

Cancellation Policy: 24 hour notice must be given to reschedule an appointment. Appointments must be rescheduled for that week, or they will be lost. If less than 24 hour notice is given, the session will be charged in full.

REFUND POLICY

All Dynamic and Performance Packages are pre-paid and are non-refundable. If a client purchases a package of training sessions and is unable to complete the package due to illness or extenuating circumstances a refund for the remaining sessions may be issued minus a \$10 processing fee. Refunds are only considered for the purchase of individual training sessions, individual class enrollment, and entire group/team training sessions. Individuals within a group/team who fail to attend training sessions will not be eligible for refunds.