



**PERSONAL TRAINING PROGRAM COMMITMENT FORM**

**FEES AND PAYMENT POLICY**

**EMAIL US TO GET STARTED: [iheartfitchics@yahoo.com](mailto:iheartfitchics@yahoo.com)**

<b>\$50 per session</b>	<b>Per Month</b>
2 sessions per week (30-45 minutes) <i>Must attend at least one virtual group fitness class each week</i>	\$400
3 sessions per week (30-45 minutes)	\$600
<i>Unlimited access to 6:00am and 5:30pm virtual group fitness classes</i> <i>Access to Fit Chics WhatsApp social community</i>	<b>INCLUDED</b>

A successful weight-loss program includes healthy food and beverage choices and 5-7 days of physical activity for a minimum of 20-30 minutes. The Fit Chics LLC personal training program requires a minimum of three days of exercise along with food and beverage tracking for a daily caloric deficit. Clients who choose the two sessions per week option **MUST** attend at least one virtual group fitness class. A commitment of three months is recommended but not required.

- Invoices emailed each month for payment by debit or credit card
- Payments are due on the 1<sup>st</sup> of each month
- Please add \$10 after the 3<sup>rd</sup> of the month
- No refunds

**Are you ready?! Send us an email to get started!**

**We look forward to sweating with you!**



**Contact Information:**

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