

PERSONAL TRAINING

Hours Monday – Friday 5am- 1pm

Hourly Rate at Golds Gym \$100
10 sessions pre paid discount 10%
20 sessions pre paid discount 15%

Cancelation Policy 24 hours

Please note to hold or to have a fixed appointment time the training sessions must be pre paid

I cannot guarantee training times if not pre paid.

(this is especially relevant to the early morning clients, if you need a set day/time let's schedule it and have it paid in advance)

Payment cash, check (Joanne Lee Cornish), credit card via Pay Pal

TRAINING PARTNERS

When I train 2-3 people together \$55 per person

Please note, if your partner does not show or cancels too late they will be charged

If they cancel within the 24 hours then you will be responsible for the regular one on one training fee

If your partner drops out you will be charged the normal rate for one on one training.

LATE FEES

If by the first of the month there are training sessions owing there will be a late fee of 10%

If there are training sessions owed by the first of the second month the late fee is 25%

Please don't make me do this !

Please inform me if you have any health concerns or any changes in your health

Life has a tendency to 'show up' so please let me know if you're dealing with anything that might affect your energy, performance or ability to train

Please eat before you train and bring water to stay well hydrated.

Please talk to me if you have concerns/questions about your nutrition. Your Nutrition is fundamental to your progress and I can provide you with the exact plan you need to meet your goals.

Questions ? please contact me directly joanne@joannelee.com

MALIBU GYM

Please contact me directly about my availability in Malibu