



**grtr fitness**

2985 23 Ave NE #125  
Calgary, AB T1Y 7L3  
(587) 229-4001

## 1:1 PERSONAL TRAINING CONTRACT

### Description of program:

1. The grtr fitness 1:1 Personal Training program includes:
  - a. Monthly programming for both coached and solo sessions
  - b. 60 minute coaching sessions
  - c. Quarterly progress evaluations
2. Personal Training sessions will take place at Evolve Sunridge. Participants require a membership with Evolve, to be paid separately.

### Program Cost:

Monthly session count: \_\_\_\_\_

Monthly charge = monthly session count \_\_\_\_\_ x \$70 (+GST) = \_\_\_\_\_

Method of payment: \_\_\_\_\_

**I agree to pay the monthly charges above, 1 month in advance**

Print Name: \_\_\_\_\_

Sign Name: \_\_\_\_\_

Date: \_\_\_\_\_

grtr fitness is a trade name of grtr consulting inc.