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**Private and Semi-Private Personal Training Fees**

**Private Training**

**Training Cost - 60 minute sessions (private one-on-one)**

# of sessions	pre-paid discount	cost per session	total cost	total savings
1	--	\$80.00	80.00	--
4	10%	\$72.00	\$288.00	\$ 32.00
8	20%	\$64.00	\$512.00	\$ 128.00
12	25%	\$60.00	\$720.00	\$240.00

**Training Cost - 30 minute sessions (private one-on-one)**

# of sessions	pre-paid discount	cost per session	total cost	total savings
1	--	\$55.00	\$55.00	--
4	10%	\$49.50	\$198.00	\$22.00
8	20%	\$44.00	\$352.00	\$88.00
12	25%	\$41.25	\$495.00	\$165.00

**Semi-Private Training**

**Training Cost - 60 minute sessions (semi-private – 2 people)**

# of sessions	pre-paid discount	cost per session / per person	total cost / per person	total savings / per person
1	--	\$55.00	\$55.00	--
4	10%	\$49.50	\$198.00	\$22.00
8	20%	\$44.00	\$352.00	\$88.00
12	25%	\$41.25	\$495.00	\$165.00

**Training may also be provided in your home at an additional fee.**

**Training Policies & Procedures:**

**Cancellation Policy**

24-hour notice is required to avoid being charged for your session. Please cancel by phone to ensure that I receive your information.

**Refund Policy**

Pre-paid sessions are non-refundable. You may put your session on hold if a medical condition arises.

**Transfer Policy**

Pre-paid sessions are not transferrable to others. If you would like to help someone else to begin an exercise program, please consider purchasing a gift certificate for them.

**Attendance**

Please show up on time for your sessions and wear appropriate workout clothing. This means loose-fitting clothes that you will be comfortable working out in and may include short or longer pants. It is recommended that women wear a sports bra. Please bring clean sneakers to change into before you enter the workout space.