

Wellbeings X-Training

Fees effective June 1st 2013

- 3 + sessions / week / month \$90
- 2 sessions / week / month \$70
- Casual 10 session pass \$90 valid for 3 months from date of first session.

Ask about student and family rates.

Individual Programme: for athletes who train regularly with the squad

- \$50 / month

Individual Programme: for athletes unable to attend regular group sessions

- \$100 / month

Provides you with:

- Personalized training plan based on your goals, your time schedule and your physiology.
- Coach Consultations: face to face, telephone or e-mail as you need.
- Personalized heart rate and power training zones.

Payment

- Monthly fees are payable at the start of the calendar month.
- The Casual Pass is to be paid for at the first session of the block of 10.

Preferred Method

Direct transfer to: Carol Hughes T/As Wellbeings

BSB: 036 306

Account Number: 175588

Always include your name as a reference when you make a transaction.

Please confirm any payment by e-mail to wellbeings@tpg.com.au