



Personal Training With MoFit, LLC

Welcome to Mofit! We are excited to get you started on your journey to a better you! At MoFit, we are MOre than FITness. As a member of our fitness family, you will receive one-on-one guidance to an overall healthier lifestyle.

What is Included in your Sessions

- Full Fitness Assessment
- Nutrition Guidance
- Lessons on Proper Form
- Custom Workouts
- Benchmark Check-Ins for Accountability and Progress checks

Pricing

Individual sessions are \$30 for 30 minutes and \$50 for 1 hour. Buddy sessions are \$40 for 30 minutes and \$70 for an hour.

Cancellation & Refund Policy

Cancellations must be made directly to your trainer at least 12 hours before your scheduled session. Failure to do so will result in a charge of 50% of the session fee. No refunds on purchased sessions. Any questions regarding our cancellation and refund policy can be directed to mofit635@gmail.com

Client Name

Client Signature

Date