LINDA MAGEE
FITNESS

CONGRATULATIONS on making your first step to a fitter, healthier you. My purpose as your personal trainer and Pilates instructor is to help you unleash your untapped strength and core power to move better through all stages of life. Living in such a busy and stressful world does not always afford everyone the opportunity to get in the much-needed workout. However, you have decided to make the time by hiring me to help you meet your health and fitness goals. I am honored.

According to the American College of Sports Medicine (ACSM), you should participate in at least two resistance training sessions per week, and three to five days of cardiovascular training. Pilates training is best when practiced two to three days a week. Eventually, you'll progress to doing some type of activity most days of the week, some of which may be done on your own. I'll help you plan and schedule these workouts so that it is easy for you to complete them. After four to six weeks of training twice a week, if not sooner, you should start seeing and feeling some great results.

To make sure that you don't encounter a fitness plateau, I will periodically reevaluate your exercise program. Consistent supervision and adjustments are essential features of responsible fitness training.

After completely filling out the new client information packet, please either print it out and have it ready for our appointment or email the forms back to me. During our first appointment we will review these forms and possibly do some assessments. This is going to be our starting point, so that we have some baseline information to begin an appropriate level of training for you.

In closing, remember, I am here for you. If you have any questions, feel free to give me a call, text, or email and I will answer them as best I can. I applaud your decision to invest in your health and I look forward to helping you succeed.

Linda N. Magee, MA
ACSM: Certified Exercise Physiologist
NASM: Master Personal Trainer, Performance Enhancement Specialist, Corrective Exercise Specialist
AFFA: Master Instructor, Group Fitness Instructor
Stott Pilates Instructor
Urban Poling Master Instructor

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PRICING and GENERAL PROGRAM POLICIES

Studio & Virtual Pricing – Monthly Membership

- New Client Welcome: 3 privates $220
- Four 50-55 min. sessions/month: $340 ($20 savings)
- Eight 50-55 min. sessions/month: $640 ($80 savings)
- Four 30-minute sessions/month: $200 ($20 savings)
- Eight 30-minute sessions/month: $360 ($80 savings)
- Semi-private: first person 100%, each additional person 50%
- Personalized 4-week workout in free app for home usage: $99

All packages have a 28-day expiration

Pay per session – no commitment

- 50-minute session: $90
- 30-minute session: $55
- Personalized 4-week workout in free app for home usage: $199

Monthly Members receive monthly newsletters, priority registration for group classes and special events, discounts on private and semi-private sessions, and personalized workout in free app.

****All prices are cash discount (cash, Venmo, check). Credit card may accepted upon request, no discounts will apply.

In home training and off-site facility

- Prices adjusted based upon distance
- Sales tax is not included in above pricing but may be added pending on location

On-demand videos

• On demand library: Two-week free trial, then $14.99/month. Go to: Classes and On Demand Library

All sessions are pre-paid monthly. We will look at the following month, schedule your appointments, and payment will be accepted through cash, checks, venmo (@Linda-Magee2), or credit card (cash discount not applicable). There will be a $25 fee for returned checks.

Promptness. To get the most out of your time and efforts, please be ready to exercise at the appointed time. Because clients are usually scheduled before and after you, your trainer may also have a meeting or personal development time immediately after your session. Workout times may not always be able to be extended if you are late.

Scheduling/Canceling/Rescheduling of Appointments

You can book by text, or online at https://lindamageefitness.com/schedule-appointment.

Training sessions that are canceled with less than a 24-hour notice **will be charged** against the account **if it cannot be rescheduled within the week**. I will do my best to accommodate your request. Most of my clients are booked well in advance and often consecutively. We will work together to make sure that you complete the required number of training sessions per week. My commitment and service to you will not be taken lightly.

Thank you,
Linda

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