

Personal Training Rates



1 HOUR SESSION PAY AS YOU GO

\$75 for \$75/session

6 ONE HOUR SESSIONS

\$420 for \$70/session

12 ONE HOUR SESSIONS

\$780 for \$65/session

20 ONE HOUR SESSION PACKAGE

\$1200 for \$60/session

1 HALF HOUR SESSION PAY AS YOU GO

\$45 for \$45/session

6 HALF HOUR SESSIONS

\$240 for \$40/session

12 HALF HOUR SESSIONS

\$420 for \$35/session

20 HALF HOUR SESSIONS

\$600 for \$30/session

Location:

OUTLIFT Athletics

East Setauket, Long Island

ALISA MARIE TARSA

www.getamptfitness.com

alisatarsa.fitness@gmail.com

631-707-3456

OUTLIFT ATHLETICS

Cancellation Policy

- I understand emergencies happen. I will provide every client with one free short notice cancellation with less than 12 hour notice. The next short notice cancellation will result in being charged for that session.
 - ALL cancellations must be made at least 12 hours before a scheduled appointment.
 - ALL NO-SHOWS (Not showing without texting or calling) will result in being charged for that session.
- If you've purchased a training package, ONE (1) session will be deducted from your package for any cancellation not made within 12 hours of your scheduled appointment.
- If you're paying as you go, a THIRTY (\$30.00) fee will be charged to you for any cancellation not made within 12 hours of your appointment.
- ALL cancellations made at least 12 hours before a scheduled appointment will not be deducted or charged against you.