

JFK FFC Personal Training Cancellation Policy

All cancellations must be received at least 24 hours before your training session. Clients who do not cancel with 24 hours notice will be charged 100 percent the cost of that session. Exceptions will only be made in the case of a medical emergency accompanied by a doctor's note. No charge will be levied should the client cancel with MORE than 24 hours given the trainer preferred contact method (phone and/or e-mail) with whom the appointment is scheduled.

All personal training sessions are non refundable and non transferable.

Expiration Policy

All prepaid purchased sessions expire 3 months after the date of purchase.

Tardiness Policy

Clients are expected to begin working out at the start time of the scheduled appointment.

A late start time does not entitle a client to a session longer than the scheduled appointment.

Clients are expected to call if they will be tardy/late by 10 or more minutes beyond their scheduled appointment start time.



The JFK FEDERAL FITNESS CENTER offers a variety of individual and small group training fitness services for adults of every age, every fitness level, and every busy schedule.

We are located on the ground floor, room G-25, in the low-rise section of the JFK Federal Bldg.

JFK Federal Fitness Center Personal Training & Coaching Services

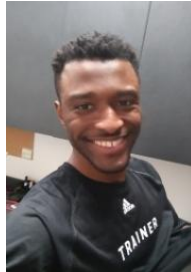


*The Work-Place Fitness
Center Where We Help
You Put More “Work”
Into Your Workout!*

**JFK Federal Building
Sudbury Street, Room G25
Boston, MA 02203
(617)-565-1493
www.JFKFFC.com**

Our Trainers:

Marckender Pierre--Louis
 NASM -
 Certified Personal Trainer
marckenderlouis@gmail.com



Maria Canino, M.S.

ACSM – Certified Personal Trainer
 NSCA - Certified Strength &
 Conditioning Specialist
mcanino91@gmail.com



Bruce Cohen, PhD

ACSM – Certified Exercise
 Physiologist
 NSCA - Certified Strength
 & Conditioning Specialist
drbruce@jfkffc.com



What's the Benefit of Hiring an Expert Personal Trainer/Coach



IN-PERSON TRAINING

(Best for beginner to intermediate exercisers)

- Hands-on learning experience
- Build confidence, self-efficacy, goal-setting
- Immediate form & technique feedback
- Motivation/social support
- Barrier busting-adherence building strategies
- Address medical conditions/avoid injury

ON-LINE COACHING

(Best for intermediate to advanced exercisers)

- Affordability
- Long-term accountability/adherence
- Scheduling flexibility
- Motivation/social support
- Broaden knowledge base/diversification
- Push past plateaus and mental blocks

Rates:

Type of Session	Cost to Member
Individual 30 Minute Session	\$30
Individual 60 Minute Session	\$60
Partner 60 Minutes Session (2 Clients)	\$30 per member/ \$60 total
Small Group 60 Minutes (3 Clients)	\$20 per member/ \$60 total
Virtual Coaching (on-line + phone contact)	
5-week program	\$80 total
10-week program	\$150 total
15-week program	\$210 total

Steps

1. Must be an up-to-date paid-in-full member.
2. Complete the JFKFFC Health Behavior Questionnaire.
3. Review/sign a JFKFFC Personal Training Informed Consent/ Waiver of Liability Form.
4. Review/sign Cancellation policy.
5. Pay your Trainer in advance for desired number of sessions.