



Current Price List 2013-2014

Programs: Russian Military Workout (for men or women), Born to be Fit-tastic!, Fit-tastic from Scratch.

All sessions include nutrition consultation.

(multi-packs must be completed within 60 days)

1. Personal session (1-on-1)
 - a. 1 hour 100 CHF
 - Greater than 2 hours, 90 CHF/hour
2. Multi-session pack (1-on-1)
 - a. 5 1-hour sessions 450 CHF
 - b. 10 1-hour sessions 850 CHF
3. Group training, 1 hour session
 - a. 2 – 6 people 40 CHF/person
4. Family special – bring your kids!
 - a. 1 hour 110 CHF
5. Birthday special: Session voucher
 - a. 1.5 hours 90 CHF
6. “Tired teens” special, 14 -18 years old, 1 hour
 - a. 2 – 6 people 25 CHF/person
7. Seniors: Special group exercise program, 1 hour
 - a. 2 - 6 people 35 CHF/person

Contact Information: Inna Stanley
Zürich, Switzerland
inna@fit-tastic.com



Terms and Conditions, Health and Fitness Liability Waiver/Informed Consent

I have enrolled in a physical activity program, offered by Inna Stanley, Fit-Tastic.com, and agree to the following:

Terms and Conditions

All booked sessions must be completed within the time frame specified in the price list. If sessions are not used within this time, they will be considered forfeited without refund.

Notification of cancelled appointments must be made more than 24 hours in advance of the session start time. Any appointment cancelled less than 24 hours prior to the scheduled time shall be considered a "No-Show". Any appointments purchased as part of a package that are cancelled within 24 hours of the scheduled time shall be considered a "No-Show" and forfeited from the package. There will be no refund for "No-Show" appointments. The appointment will be deemed to have started at the pre-arranged time. Any lost time due to late arrival will not be made up at the end of the session.

Rescheduling due to "Emergency" cancellations will be treated at the discretion of the personal trainer and no refund will be given.

In the case of the trainer falling ill or being unable to instruct the session, the session will be rescheduled. The trainer will provide you with at least 14 days notice for any prolonged trainer absences and will discuss alternative personal training arrangements with you.

Health and Fitness Liability Waiver/Informed Consent

I recognise that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition, and I do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program.

I fully understand that I may injure myself as a result my enrolment and subsequent participation in this program and I hereby release Inna Stanley, Fit-Tastic.com and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, strokes, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, injuries to knees or other joints of the body, injuries to back, injuries to foot, heat prostration, or any other illness or soreness that I may incur, including death.

I acknowledge that my enrolment and subsequent participation is purely voluntary and is no way mandated by Inna Stanley, Fit-tastic.com

In consideration of my participation in this program, I agree to the terms and conditions of enrolment and I hereby release Inna Stanley, Fit-Tastic.com and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrolment.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

_____ (Participant's Printed Name)

_____ (Participant's Signature)

_____ (Witness) _____ (Date)