



PACKAGES AND PRICING GUIDE

KPT PERSONAL TRAINING

ABOUT ME

KERMINA HAPASHY

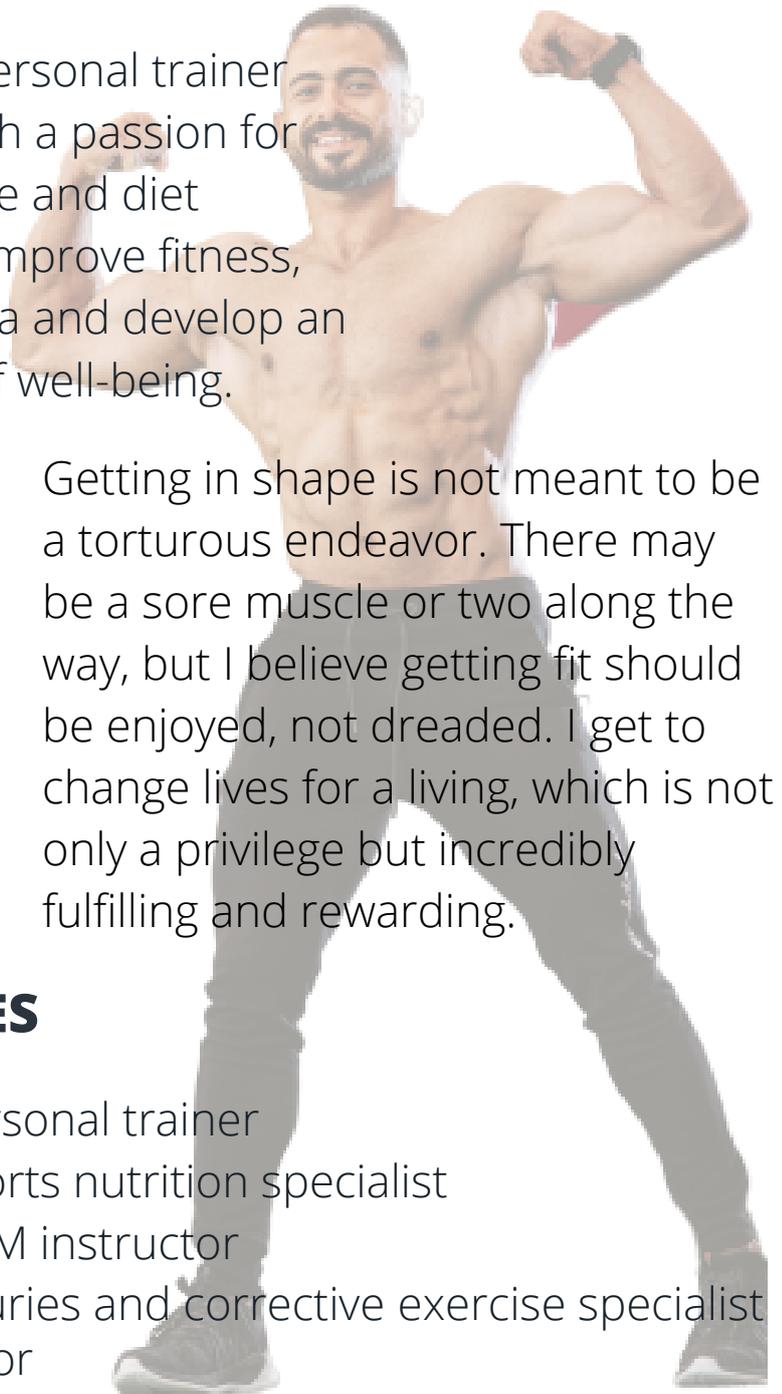
Personal trainer

I'm a certified personal trainer professional with a passion for creating exercise and diet programs that improve fitness, increase stamina and develop an over all sense of well-being.

Getting in shape is not meant to be a torturous endeavor. There may be a sore muscle or two along the way, but I believe getting fit should be enjoyed, not dreaded. I get to change lives for a living, which is not only a privilege but incredibly fulfilling and rewarding.

CERTIFICATES

- Certified personal trainer
- Certified sports nutrition specialist
- Certified GYM instructor
- Certified Injuries and corrective exercise specialist
- Certified tutor
- Certified assessor





welcome

Thank you for choosing me to be your personal trainer

I'm so excited to help you on your fitness journey. As your personal trainer you can rely on me for everything you need for your fitness routine. Together we will create goals based on what you want to achieve and through our sessions we will smash through those goals and aims.

I will take care of the planning and strategy for your fitness regime. All you need to do is to turn up, complete your workouts and follow the plan. However, the success of the plan depends on you, so 100% commitment is essential.

Let's start ...

kermina

ONLINE PACKAGES



1 MONTH

120 \$

- 1 month online coaching
- Customized workout plan
- Customized nutrition plan
- Package valid 30 days from the date of sending program
- Up front payment

3 MONTHS

200 \$

- 3 months online coaching
- Customized workout plan
- Customized nutrition plan
- Package valid 90 days from the date of sending program
- Up front payment

HOW IT WORKS

01 Fill out the client questionnaire and describe the results you want and the areas you want to focus on.

02 Book your appointment with me through zoom meeting. We will work together to create your personalized fitness and diet plan.

03 Schedule your weekly follow up day.

04 Start your fitness plan and start working towards your goals with weekly review on progress.

WHAT TO EXPECT

- I will listen to you and aim to understand your health and fitness needs.
- I will do my best to create your personalized fitness and diet plan depending on your goals.
- You will get your supplements doses depending on your needs if required.
- Will change your fitness plan monthly and diet plan when it's required.
- Weekly follow up to answer your questions and do changes in your plan if required.
- Your plan will be ready during three working days of receiving the payment.

What will need from you

- Attend each session on time and be dressed appropriately for fitness routines and ready to work.
- Be open to changes in the goals laid out in the fitness plan as the fitness session progress.
- Trust my judgment in the best way to implement the fitness plan goals.
- An open and motivated mindset and enthusiasm to work with me to achieve the goals in the fitness plan
- Know that your progress depending on many reasons:
 - Your commitment to your fitness and nutrition plan on time.
 - Your resting times like sleeping.
 - Psychological factors such as stress.
 - Other physical factors.
- Read well the terms and conditions.

Terms and conditions

1. General statement of program objectives and procedures

The personal training program may include exercises to build the cardio respiratory system (heart and lungs), the musculoskeletal system, (which involves muscular endurance, strength and overall flexibility), and to improve body composition (increasing muscle and bone and decreasing body fat) Exercise includes aerobic activities, such as walking, running, bicycle riding, rowing machine, group aerobics, swimming and other aerobic activities, weight lifting using dumbbells, machines and other equipment to improve muscular strength and endurance, as well as flexibility exercises to improve joint range of motion.

2. Description of Potential Risks

The reaction of the heart, lung, blood vessels as well as other systems to exercise cannot always be predicted with accuracy. There is a risk of certain abnormal changes occurring during the following exercise, which include abnormalities of blood pressure or heart attacks as well as other side effects. Use of weight lifting equipment, and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not consistently followed.

Terms and conditions

The personal trainer shall not be liable for any damages arising from personal injuries sustained by client while and during and/or from a personal training program does so at his/her own risk. Client assumes full responsibilities for any injuries or damages which may occur during and/or after training.

To warrant, release and agree that you are in good physical condition and that you have no disability, impairment or ailment preventing you from engaging in active or passive exercise that will be detrimental to heart, safety, or comfort, or physical condition if I engage or participate (other than those items fully discussed on the health history form).

State that you have had a recent physical check up and have my personal physician's permission to engage in aerobic and/or anaerobic conditioning.

3. Description of potential benefits

The program of regular exercise for the heart, lungs, muscles and joints has many benefits associated with it. These may include a decrease in body fat, improvement in blood fats and blood pressure, improvement in physiological function and decrease in heart disease.

Terms and conditions

4. Cancelation / Freeze / Refund

Not applicable

3. Payment

Personal training fees should be paid in full amount in advance before starting of programming your plan.

Package validity:

All package will end at the same date of expiry starting from the date of receiving the plans.

30 days for one month package and 90 days for three months package.

Payment methods

01

Bank account transfer

ADCB Commercial bank

A/C Holder: Kermina Hapashy Fawzy Haleem

A/C No.: 10616141217001

IBAN: AE88003001061614217001

02

Direct payment link

Through Zbooni App. you will get the link to pay directly.

1 MONTH

30 days

120 \$

3 MONTHS

90 days

200 \$

- Directly press to the selected package amount to pay by direct link, or you can pay the same amount during bank account transfer with the same details which are mentioned above

Thank you



GET IN TOUCH



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