



PACKAGES AND PRICING GUIDE

KPT PERSONAL TRAINING

ABOUT ME

KERMINA HAPASHY

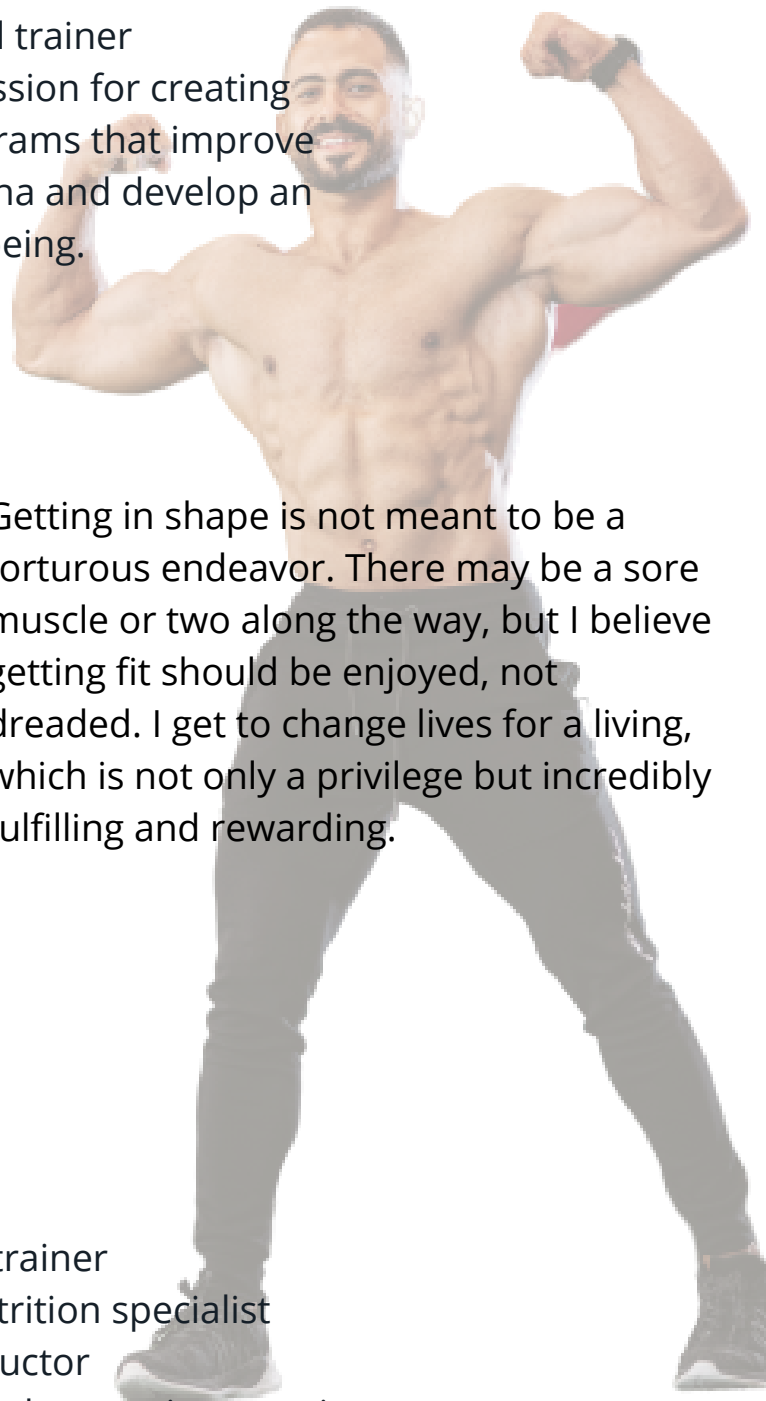
Personal trainer

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 ...

Kermine

FACE TO FACE PACKAGES



01
12 SESSIONS

2640 AED

220 AED / session

02
24 SESSIONS

4560 AED

190 AED / session

03
FRIENDS
12 SESSIONS

4080 AED

Each person 170 AED / session

- You will get:

- Customized workout plan depending on your goals and your body assessment
- Customized nutrition plan according to your goals and body assessment
- Each session will be 1 hour
- These prices for GYM members and excluded GYM fees and initial assessment session
- Package validity is 30 days for 12 sessions packages and 45 days for 24 sessions
- Up front payment
- Friends package should be for both at the same time *depending on initial assessment*

Payment methods

Bank account transfer

ADCB bank
A/C Holder: Kermina Hapashy Fawzy Haleem
A/C No.: 10616141217001
IBAN: AE880030010616141217001

Cash payment

In advance right after signing the contract

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. First session will be an assessment and we will work together to create your personalized fitness and diet plan.

03 Schedule your weekly personal training sessions.

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

WHAT TO EXPECT

- *What is the assessment session?*

"Assessment fees 250 AED excluded your selected package"

- It will be our first appointment and will consist of:
 1. Client information
 2. Medical index
 3. Body composition
 4. BMI Analysis
 5. Calories calculation
 6. BMR Analysis
 7. Body measurements
 8. Body measurements analysis
 9. Skin folding caliper if required
 10. Skin folding caliper analysis if required
 11. Body fat calculations
 12. Body fat categories
 13. Ideal body weight
 14. Posture analysis
 15. Body muscles analysis
 16. Movement observations
 17. Fitness tests
 18. Nutrition assessment
- For the most accurate results we recommend following these preparation guidelines before going for assessment:
 - Keep it consistent throughout the day each time you measure
 - Do not eat for 3-4 hours before testing
 - It is preferable not to be after your cheat meal
 - Do not exercise for 6-12 hours before testing
 - Ensure access to both feet with removable footwear and socks
 - Do not drink caffeine on the day of your test and be well hydrated
 - Do not shower or sauna immediately prior to test
 - Avoid putting lotion on hands and feet before testing
 - Individuals with pacemakers or other electronic devices should not use body composition machine
 - It is preferable to take off any metal accessories
 - For women, avoid testing if you are pregnant or menstruating
 - Wear comfortable clothing prefer to be the same each time
 - Preferable to use same machine each time

WHAT TO EXPECT

- How our workout session going?

- We will start each training session with warming up and doing our mobility routine focusing on your target muscles group which we will hit into our session.
- Then we will start directly for your main workout which assigned depended on our initial assessment
- We will follow the main workout routine from 3 to 6 weeks depending on your progress and adaptation
- At the end of the session we will do stretches and cooling down for your targeted muscles group
- Cardio routine is your scope

- What is the nutrition plan and how to follow it?

- I will assign your nutrition plan according to your goals and your initial assessment
- You will get your plan through my own APP with all details and food alternating including your calories and macros details
- After assigning your plan and starting of applying it as it is, we will do one quick assessment by using body composition machine to check how your body respond to the plan and doing the necessary changes if required
- You should follow the nutrition plan as it is as can as possible to give your body the chance to adapt to your new life style and to see the results coming
- Nutrition plan isn't daily or weekly plan, it's long term plan and changes come depending on your progress
- You will get all details regarding to your supplement doses and timing if required

- 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.

Note:

- Your plan will be ready during three working days of receiving the payment

TERMS AND CONDITIONS

1- Commitment and attitude

- You will practice in a program of physical exercise. Training may include, but is not limited to, weight and/or resistance training, cardiovascular training, and floor mat exercises. You realize that a large portion of your success will be based on your commitment to follow instruction, changing your lifestyle, and your attitude towards the fitness program. Unfortunately KPT cannot guarantee results, but your willingness to work hard will improve the opportunity of success.

2- Late / Absence / Cancellation

- My main goal is to provide the best possible service to my clients. I work on an appointment based schedule to allow you the time required for your personal training session.
- Sessions will generally be 60 minutes. Please be on time for your appointments. If you are late for a session it will still end at the scheduled time. If you are more than 15 minutes late for a session, it will be considered absence and you will be required to pay the fee for the session.
- Due to this schedule it is important that you give us sufficient notice when you need to cancel an appointment. This means a cancellation should be made at least 12 hours before the scheduled appointment. Failure to cancel a training session within this time will result in you being charged for the session. Should you wish to reschedule an appointment, a minimum of 12 hours-notice is required. We will do our best to accommodate this.
- We understand that emergencies happen. We provide every client with one free short-notice cancellation. You will not be charged for your first cancellation with less than 12 hours-notice. Subsequent short-notice cancellations will be charged for the session. The free short-notice cancellation only applies if we are notified prior to the session start time. No-shows are not eligible for the free cancellation.

3- Freeze

- Should you wish to pause your subscription due to illness, injury or travel then you are allowed one (1) freeze period of 2 weeks during the initial contract period. You can freeze your package by sending email to: kermine.pt@gmail.com or WhatsApp or call me at +971 56 632 9861
- You will be asked to confirm your selection for freezing and the reason for your freeze before your package is paused for two weeks. Your next payment will be automatically differed by two weeks. During the freeze period you will not be able to train using your paused subscription package.
- Should KPT travel during your subscription then you will be offered the option to freeze your subscription until his return.

TERMS AND CONDITIONS

4- Payment

- Personal training fees should be paid in full amount in advance at the time of signing the contract.
- All sessions must be completed on or before contract expires.

- Sessions validity:

- 12 sessions packages valid 30 days from the time of signing the contract.
- 24 session package valid 45 days from the time of signing the contract.
- If you have finished your package and you have a tight time to renew your package, I also provide single session option to add optionally to your package with cost of 250 AED / session.

- Friends package:

- 12 Sessions for buddies valid 30 days from the time of signing the contract. For those who have the same goals and it is suitable to be trained together at the same time and have the same training program according to the results of the initial assessment carried out by KPT.

3- Refund

- You are entering into a commitment with KPT for the purchase of a select number of sessions. If you want to cancel your subscription regardless of the reason you wish to cancel your package (including but not limited to illness, injury, travel and leaving the country). You will be charged the half amount of your left sessions.

Thank you



**JUST SINGLE PRESS
TO GET IN TOUCH**



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KPT Personal training



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