



Personal Training Packages

Welcome to True North Tactical Fitness, where seeing you thrive and perform at your best is my only priority. My name is Chris Gilbert, and I am the Head Coach & Owner of TNT Fitness. When you purchase a Personal Training Package, you not only receive customized personal training, nutrition coaching, habit & mindset coaching, as well as access to at-home personal training or top notch training sessions at my privately owned studio gym, but you also get access to a coach who is completely invested in seeing you living your best life.

All packages begin with a thorough Functional Movement Assessment which allows us to understand your fitness level, movement capabilities, and set the groundwork for your fitness journey. Together we will create a custom workout plan that fits your lifestyle, but challenges you to push limits and seek new growth. Throughout our 1 on 1 sessions, I'll be with you every step of the way, providing feedback, form corrections, education and expertise from over a decade of fitness and training, as well as be your biggest motivational hype guy to see you thrive and push through your sessions. My focus is on the 4 pillars of functional fitness: Fitness, Nutrition, Mindset, & Breathwork, and throughout your training I will help you develop and implement lasting lifestyle improvements that align with your goals, and are attainable for the long term.

Training at TNT HQ, you will have access to a fully outfitted studio gym that provides the ideal environment to focus solely on your fitness journey without the added distractions from other athletes, coaches, or individuals. You have access to everything you would need for strength training, cardio, conditioning training, OCR training, exercise recovery & mobility and much more, + access to local trails, lakes, and outdoor training venues - if your training calls for it!

Packages are available with a minimum commitment of 3 months paid on a bi-weekly basis, with exception of punch pass holders which are valid for 1 year from purchase date, or term committed package holders. A 5% discount is provided on all bi-weekly payment plans. Clients purchasing longer term commitment plans 3/6/12 month terms - paid up front will receive 10%, 15%, 20% discounts respectively. 12 weeks, or 3 months is what's required to transform your fitness, or dial in peak performance on a sport/job specific training, which is why packages are available in 3 month minimums. I believe in training the right way, so you get the results that you set off on this journey. Thank you for choosing me as your coach, and let's get after this training together!

Package	Price/ session	Total cost (before tax)	Discount	Total cost after discount (before tax)	Price per session after discount	Number of sessions	Price after tax
Single session	\$55/session	\$55	N/A	N/A	N/A	1	\$55/Session
1/week (3month) bi-weekly	\$55	\$660	5%	\$627	\$52.25	2/payment	\$118 Bi-weekly
1/week (3month) upfront	\$55	\$660	10%	\$594	\$49.50	12	\$671.22
1/week (6month) upfront	\$55	\$1320	15%	\$1122	\$46.75	24	\$1267.86
1/week (12month) upfront	\$55	\$2640	20%	\$2112	\$44.00	48	\$2386.56
2/week (3month) bi-weekly	\$55	\$1320	5%	\$1254	\$52.25	4/payment	\$236.17 Bi-weekly
2/week (3month) upfront	\$55	\$1320	10%	\$1188	\$49.50	24	\$1342.44
2/week (6month) upfront	\$55	\$2640	15%	\$2244	\$46.75	48	\$2535.72
2/week (12month) upfront	\$55	\$5280	20%	\$4224	\$44.00	96	\$4773.12

Package	Price/ session	Total cost (before tax)	Discount	Total cost after discount (before tax)	Price per session after discount	Number of sessions	Price after tax
3/week (3month) bi-weekly	\$55	\$1980	5%	\$1881	\$52.25	6/payment	\$354.25 Bi-weekly
3/week (3month) upfront	\$55	\$1980	10%	\$1782	\$49.50	36	\$2013.66
3/week (6month) upfront	\$55	\$3960	15%	\$3366	\$46.75	72	\$3803.58
3/week (12month) upfront	\$55	\$7920	20%	\$6336	\$44.00	144	\$7159.68

PUNCH PASS SESSIONS (valid for 1 year)				
# of sessions	cost/session	Total cost after discount (before tax)	Total cost after tax	Savings
5	\$54	\$270	\$305.10	\$5
10	\$52	\$520	\$587.60	\$30
20	\$50	\$1000	\$1130	\$100
40	\$48	\$1920	\$2169.60	\$280

TERMINATION/CANCELLATION POLICY:

Clients who choose to terminate their bi-weekly contract may choose to continue with their bi-weekly payments for the remaining sessions available, or choose to buy out their contract at 20% of its total value.

Clients who choose to terminate their contract for a term package are subject to the following cancellation policy:

Termination Fee:

Clients will incur a termination fee equal to 20% of the total package cost. This fee will be deducted from any eligible refund.

Refund Calculation:

Clients will be refunded an amount based on the number of remaining available term sessions, or sessions as per their term agreement, whichever is the lesser amount.

Refund Disbursement:

Refunds will be processed within [15] business days from the date of cancellation, and the refunded amount will be credited back to the original payment method used for the purchase of their plan/package.

Exceptional Circumstances:

In exceptional circumstances, such as medical emergencies or other unforeseen events, clients may request a review of their cancellation and refund request. Such requests will be assessed on a case-by-case basis, and decisions will be made at the sole discretion of True North Tactical Fitness.

Notification of Cancellation:

Clients must notify True North Tactical Fitness of their intent to cancel the contract in writing, either through email or a formal written notice. The date of receipt of the cancellation notice will be considered as the official cancellation date.

No-Show or Missed Sessions:

Clients are responsible for adhering to the terms of their agreement, including attending scheduled sessions. Missed scheduled sessions (within 24 hours) will not be refunded or rescheduled and will be considered (used/redeemed).

See agreement policy for cancellations with >24 hours notice, or coach initiated canceled sessions for scheduling agreement.

Modifications to the Cancellation Policy:

True North Tactical Fitness reserves the right to modify this cancellation policy at any time. Clients will be notified of any changes in advance.