



MISSION ACCOMPLISHED STUDIO

KIM LANDRY-AYRES

WWW.MISSIONACCOMPLISHEDSTUDIO.COM

NEW CLIENT INITIAL FITNESS CONSULTATION & PROGRAM

INCLUDES: program development; 8 training sessions; metabolism test; nutrition set-up consultation; 2 weeks initial online log feedback*

\$1200

*ON-GOING PERSONAL TRAINING

Training Package 10 sessions: \$500
Training Package 5 sessions: \$300
Single/specialty/private sessions:
\$90 hr/ \$50/½ hr

(6-month expiration on all packages)

NOTE: All new personal training clients must purchase an Initial Fitness Consultation and Program Development before purchasing a package of on-going training sessions.

NUTRITION ONLY SERVICES*

Personalized Nutrition Setup \$500

Includes: metabolism test, nutrition set-up consult session, 2 weeks initial online log feedback.

*On-Going Nutrition Coaching \$300/month

Includes: weekly log monitoring with email feedback plus a 30min check-in/month

COMPETITOR NUTRITION PLAN

\$1500

Includes: metabolism test, nutrition set up consultation, 16 weeks of online monitoring plus 30min check-in/weekly for 16 weeks and "peak week" log set up for show.

*if doing multiple shows in a season an additional fee \$300/per "peak week"

**NOTE: All nutrition clients must purchase Metabolism Test & Nutrition Consult Session before purchasing on-going nutrition coaching services and are required to use My Net Diary app for ongoing log feedback.*



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KIM LANDRY-AYRES

Nutritionist, B.S. Dietetics

A.C.E. and Cooper Certified Personal Trainer

AAHFP Post Rehab Specialist

YogaFit and NDEITA Certified Instructor

Yoga Alliance-RYT 500

PHI Pilates Trained

Thai Yoga Body Worker

Reiki & Reflexology Practitioner

Professional Natural Body Builder

MISSION ACCOMPLISHED POLICIES

Welcome to Mission Accomplished! I look forward to working with you towards your health & fitness goals!

Thank you in advance for your support & cooperation.

- Take responsibility to pre-pay & pre-schedule personal training sessions with Mission Accomplished.
- Understand that these sessions are non-refundable and non-transferable, and must be used within six months of the date purchased.
- Understand the cancellation policy:
- 24-hour notice of a cancellation is required; sessions will not be rescheduled or refunded.
- Understand that sessions should be scheduled at least one week in advance. As your trainer, my schedule may change, that could affect your session with only short notice although this rarely happens.
- Know your scheduled training session/appointment time. If you do arrive late, we may not be able to extend the session training session/ appointment time.
- As your personal trainer, I request a 14-day advanced notice be given for vacations or scheduled absences during the term of the training package contract.
- Understand that ultimately you are responsible for obtaining your fitness goals and that what you do outside of personal training sessions can affect your overall health & fitness.

Child policy: Mission Accomplished asks that you not bring your children to your appointments but I understand that sometimes this cannot be avoided. If there is a chance that you will need to bring a child with you, you must get approval. If approved, bring something constructive for your child to do quietly while you are working out. Mission Accomplished does not allow children to play with or climb on equipment.