



## Training w/ Monthly Program Design

Welcome to Monthly Program Design, the most individualized and flexible training program that we offer!

Monthly Program Design is 100% designed around you and is intended for high performance athletes and it all begins with a 45 minute head-to-toe Assessment. Following the Assessment, within a day or two, you are provided with a 4-week program (which will be available at the front desk). You can choose a 3, 4 or 5-day training schedule. The first 3 sessions of your Monthly Program Design will be assisted with an RPP Coach (you would need to schedule them) to get you going and used to the specifics of your individualized training. Thereafter, our coaches will always be available to answer any questions.

At the conclusion of the 4-week period, you will be prompted by our front desk or via email that your 4-week period has ended and you will need to purchase a new 4-week program. Your new program will be available at the front desk after you confirm that you are continuing with your training.

### **Flexible Hours**

Given that after the initial 3 sessions you can train independently you are *free to come and go* as you wish, when you train is up to you. Below are the training hours available for Monthlies:

Mondays –Thursdays      8:00 a.m. – 7:00 p.m.

Fridays                      8:00 a.m. – 5:00 p.m.

Saturdays–Sundays      8:30 a.m. – 12:00 p.m.

### **Postponements, Cancellations, Refunds**

There are no Refunds or Cancellations. However, we can freeze/postpone your participation. If for some reason you can't participate for an extended period of time (minimum 1 week) due to circumstances (illness, travel, etc.) outside your control we can freeze/postpone your program until your return. *If you choose to postpone your training you must inform us in advance.*

### **Credit Card Authorization**

The success of the Monthly Design Program has made it impossible for us to track down every customer every month for payment. In order to participate in Monthly Program Design you need to have signed a Credit Card Authorization Form (attached) with us at the front desk.



## Credit Card Authorization Form

Name of Client: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

I am a client (or my child is a client) of Rockland Peak Performance Inc. ("RPP", located at 174 Route 17N, Sloatsburg, New York 10974) where I and/or my child engage in training. I am aware that all payments are due prior to the beginning of all training. I am also aware that, at times, my pre-payments may expire despite the fact that I or my child continue with the particular program.

Therefore, since the payment is due prior to the beginning of all services, in the event that my pre-paid sessions have expired while I am continuing with my training, I hereby fully authorize RPP to charge of my credit card for the amount that is past due.

**Credit Card**

Visa

MasterCard

Discover

(circle one)

**Account Holder Name** \_\_\_\_\_ (as it appears on the CC)

**Credit Card Address** \_\_\_\_\_

**Credit Card Number** \_\_\_\_\_ **Exp Date** \_\_\_\_\_

**CVV#** \_\_\_\_\_

**Signature of Card Holder** \_\_\_\_\_