

Personal Training

As of 1 February 2012



Bronze trainer

The Bronze trainer is a good choice for you if you would like to have someone with you during your fitness training, someone who can make a training schedule for you for when you train alone or if you simply wish to have the same trainer with you for training advice.

1 time	€ 32,50
3 times <i>one time offer for all Max members</i>	€ 75,00
10 times <i>valid for 6 months</i>	€ 290,00
25 times <i>valid for one year</i>	€ 680,00

Silver trainer

The Silver trainer can make a training schedule for you to help you reach your goals and can help you learn the proper techniques to do so. The Silver trainer can help you and encourage you during your fitness training so you get maximum benefit from it. In addition, the Silver trainer is someone with whom you can discuss any sport and diet issues.

1 time	€ 44,50
3 times <i>one time offer for all Max members</i>	€ 99,50
10 times <i>valid for 6 months</i>	€ 400,00
25 times <i>valid for one year</i>	€ 970,00

Gold trainer

The Gold trainer is also called a lifestyle coach. The Gold trainer is the right choice for you if you want coaching and training in the broadest sense. They can come to your home for training if you wish. If you only train at home with a Gold trainer and do not make use of the club, one does not need to become a member of Max Health Club.

1 time	€ 56,00
3 times	€ 168,00
5 times	€ 280,00
10 times	€ 560,00
25 times and 1 Personal Training free	€1400,00
50 times and 2 Personal Trainings free	€2800,00
1 time without Max subscription	€ 70,00
3 times without Max subscription	€ 210,00
5 times without Max subscription	€ 350,00
10 times without Max subscription	€ 700,00

Personal Training can also be given to children. Children need to have a valid Young & Fit membership to get Personal Training.

Please note: the trainer must receive a notice 24-hour before your scheduled appointment. If not, you will be charged for the full amount of the training.

Max Health Club, Klatteweg 109 - 2597 KA Den Haag - 070 - 3549328
www.maxpersonaltraining.nl - info@maxpersonaltraining.nl



Personal training on location

The Max Personal Trainer can train at Max but also at other locations: at your home, at the beach, in the woods or dunes. You needn't be a member at Max to have a personal trainer at another location.

1 time	€ 75,00	
(from 10 training hours we will invoice you)		
Travel time:	0 till 10 minutes	NO COSTS
	10 till 20 minutes	€ 15,00
	20 till 40 minutes	€ 30,00
	40 till 60 minutes	€ 45,00

(travel time will be calculated from the distance between Max Health Club and the training location)

Massage

The purpose of a massage can be the treatment and/or avoidance of an injury or physical of psychological problems or simply relaxation. There are various massage techniques available which one can choose in consultation with the masseuse. (Deep tissue, relaxation, sport and a form of Active Release combined with a massage The trainer can help you decide what is best for you.

40 min.	€ 50,00
55 min.	€ 65,00
85 min.	€ 90,00

Active release

Active Release is a treatment which is intended to give the body optimal structure and movement. Lactic acid build up in the muscles can be removed using the proper massage technique. One treatment requires 10 to 20 minutes. € 25,00

Dietary advice

Training is important but nutrition is perhaps more so. The Max nutrition consultant can help you find a healthier eating pattern. Consultation € 56,00

PHP starter's package

Personal Hormonal Profile™ makes it possible to influence fat storage by bringing one's hormones back in balance. The PHP starter's package includes 5 steps including 2 hormone measurements. The 5 steps are spread out over 6 weeks. € 164,50

PHP test

The PHP test is a test that you need to do when you're running the PHP programme. € 12,50

Sport fasting package

Sport fasting is a unique and powerful method aimed at influencing the metabolism in such a way that a tenable and lasting switch from burning sugar to burning fats occurs. This metabolic switch comes with a combination of eating, fasting, supplements and training. € 389,00

Personal training is only possible with an active Max membership with the exception of the Gold Trainer on location. A Personal Training appointment lasts approximately 1 hour.