

# # PowerHouseATX Price Sheet

\*Effective May 2026\*

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## ## Three coaching lanes

Every new client starts with a free consult and free first session. We then place you in one of three lanes based on your goals and experience.

### ### 1. 1-on-1 Ramp-Up \*(new clients only – 4 weeks max)\*

50-minute sessions, solo with the owner. Same price as semi-private – used to clean up technique, build confidence, and prep you for the long-term lane. **\*\*Hard cap of 4 weeks\*\***, no exceptions.

Frequency	Per session	Per month
1x / week	\$75	\$300
2x / week	\$65	\$520
3x / week	\$60	\$720

App access: **\*\*included free\*\*** during ramp-up.

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### ### 2. Semi-Private Training \*(ongoing – primary lane)\*

Sessions with 1-2 other clients (3 max). Your own personalized program inside the session. More schedule flexibility than 1-on-1.

**\*\*50-minute sessions:\*\***

Frequency	Per session	Per month
1x / week	\$75	\$300
2x / week	\$65	\$520
3x / week	\$60	\$720

**\*\*25-minute sessions:\*\***

Frequency	Per session	Per month
1x / week	\$45	\$180
2x / week	\$40	\$320
3x / week	\$35	\$420

Semi-Private Drop-in: \$85 per session.

App access: **\*\*\$25/mo add-on\*\*** – free with 3-month prepay.

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### ### 3. Ongoing 1-on-1 \*(private – limited spots)\*

50-minute sessions, solo with the owner. For clients who want full attention long-term.

Frequency	Per session	Per month
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	1x / week		\$115		\$460	
	2x / week		\$110		\$880	
	3x / week		\$105		\$1,260	

1-on-1 Drop-in: \$130 per session.  
App access: **\*\*included free\*\***.

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### ## Fitness App \*(CoachRx)\*

Templated programs, full exercise library with video demos, swap and reorder workouts, log and track progress.

	Plan		Price	
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	App-only (no in-person training)		\$59 / mo	
	Semi-private add-on		\$25 / mo *(free with 3-month prepay)*	
	Ongoing 1-on-1 add-on		Included free	
	Ramp-up add-on		Included free during ramp-up	
	Travel weeks (monthly clients)		Free during notified travel weeks	

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### ## Weekly Packages \*(for clients who travel often)\*

Same per-session rate as monthly packages – pay weekly instead of monthly. Sessions are scheduled and used within the same week.

	Lane		1x / week		2x / week		3x / week	
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	Semi-private		\$75 / sess		\$65 / sess		\$60 / sess	
	Ongoing 1-on-1		\$115 / sess		\$110 / sess		\$105 / sess	

### **\*\*Weekly package rules (firm, system-enforced):\*\***

- Pay upfront for the week before any session is booked
- Book by **\*\*Sunday 8pm\*\*** for the upcoming week
- Sessions expire end of week – no rollover, no credits
- 24-hour cancel/reschedule window (same as monthly)
- One reschedule per week, into existing posted slots only
- No-show or late cancel = session forfeited
- Travel weeks: skip the week entirely (no charge, no booking)

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### ## Travel policy \*(monthly clients)\*

If you give notice by **\*\*Sunday 8pm\*\*** for the upcoming week, choose one:

- **\*\*Make up sessions later in the same month\*\*** – subject to schedule availability, max 1 additional session per day, no rollover into next month
- **\*\*Free app access for the travel week\*\*** – templated workouts you can do anywhere

**\*\*No notice = sessions forfeit.\*\*** Same rule as monthly cancellations.

This policy keeps your monthly rate fixed without taxing you for travel – but requires advance notice. If you travel more often than not, weekly billing is the better fit.

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## ## Package terms

- **Monthly auto-pay** required for all packages – credit card on file
- **Sessions expire** at the end of each calendar month – no rollover
- **Non-refundable** – credits available at PowerHouseATX's discretion
- **Auto-renewal** on the 1st of each month unless cancelled in writing by the 25th of the prior month
- **3-month prepay** discount: 10% off any package
- **Mid-month changes** take effect the following month
- **Trainer-initiated cancellation**: refund OR reschedule the session within 2 months – your choice
- **Payment failure**: if your card fails, we hold your slot once while you resolve it. Repeat failures are reviewed case-by-case
- **Pause/hold**: subscription can be paused up to **1 month** (surgery, injury, extended trip) – no charge during the pause, your slot is held. Beyond 1 month, cancel and resume when ready
- **Holiday closures**: closed **Thanksgiving Day** and **Christmas Day** only. Sessions falling on these dates are refunded or rescheduled

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## ## Scheduling

- **Training hours**: Monday–Thursday, 9am–8pm
- **Friday–Sunday**: closed for training
- **Booking opens**: 25th of the previous month for package holders
- **Drop-ins**: book 48 hours in advance
- **First-to-book anchors the time slot** – additional semi-private participants must fit that schedule

## ## Cancellation policy

- **24+ hours notice**: free reschedule within the same month (limit 1 per month)
- **Less than 24 hours**: session forfeited, no refund or make-up
- **No-show**: session forfeited
- **Late arrival**: receive remaining scheduled time only
- **Note**: your cancellation does not affect other participants in semi-private sessions

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## ## How to start

1. Free consult – 50-minute in-person at the gym, talk through goals + assessment
2. Free first session – 50-minute training session at the gym
3. Choose your lane and start your package

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