

# Vaccaro's

## Sports Conditioning Institute

At Vaccaro's Sports Conditioning Institute, you will experience the very best in athlete training. The attentiveness, training knowledge and techniques are by far superior to any of the imitators. Our trainers are not only certified, but they are also coaches who love to teach.

Thank you for your interest in our programs and I truly hope you will have a great experience.

Brad Vaccaro – Owner/Director

### TRY A 1 HOUR TRAINING SESSION AND A NUTRITIONAL EVALUATION FOR FREE

#### Personal Training

1 Session: \$ 85  
10 Sessions: \$ 800  
20 Sessions: \$ 1300

#### Training with Coach Vaccaro

1 Session: \$125  
10 Sessions: \$950  
20 Sessions: \$1500

#### 1/2 Hour Training

10 Session Package:  
1 Athlete: \$400  
2 Athletes: \$250  
3 or more Athletes: \$200

#### Small Group Training (up to 5)

1 Session: \$ 50 Per Athlete  
10 Sessions: \$ 450 Per Athlete  
20 Sessions: \$ 750 Per Athlete

#### Bootcamp

1 Session: \$25  
10 Sessions: \$170  
20 Sessions: \$290

#### **ALL PACKAGES include a FREE GYM MEMBERSHIP, FITNESS EVALUATION, PROGRESS TRACKING AND WORKOUTS**

Cancellation Policy: You will be charged for the session if you cancel within 24 hours of the appointment.

There are no refunds on packages once you complete the first session.

Expiration Dates for Packages:

1 Session – 30 Days

10 Sessions – 3 Months 20 Sessions – 6 Months

### Training Registration Form



681 Lawlins Rd  
Wyckoff, NJ 07481

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone Number: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Please return this form with payment to: 681 Lawlins Rd., Wyckoff, NJ 07481

Method of Payment: (Circle)

Credit Card                      Cash                      Check

Visa    MasterCard                      Amex                      Discover

CVN \_\_\_\_\_

Card Number: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

If you have any questions please call our office 201-891-4115 or take a look at our websites

[www.sports-conditioning.com](http://www.sports-conditioning.com)

I hereby release Vaccaro's Enterprises and its officers from all claims on account of pre-existing medical condition or any injuries sustained at Vaccaro's Sports Conditioning Institute or any other location at which a Vaccaro's Enterprises event / camp is being run. I agree to indemnify Vaccaro's Enterprises and its officials of any claims, which may here after result from such injuries.

I am aware that I am buying "training services" from Vaccaro's Sports Conditioning Institute and not from an individual trainer. I also understand that I cannot be refunded after I finish my 1<sup>st</sup> session and cannot be refunded because of termination of any Vaccaro's Enterprises Employee.

I hereby state that I or my son/daughter is physically fit to participate in the activities run by Vaccaro's Enterprises.

(Parents) Signature \_\_\_\_\_

(if under 18)

Date - \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

