Alexander Method, Inc.

Policies & Coaching Rates

- At least 24 hours advance notice is required for cancellations. Late cancellations will result in a charge for the full amount of the missed session. Makeup sessions are scheduled at the coach's discretion.
- Coaching sessions are approximately one (1) hour.
- Private sessions are one-on-one.
- Semi-private sessions include one coach and two or more clients.
- Coaching sessions must be paid prior to scheduled appointment time.
- Each client has 18 months following the first completed coaching session to schedule all remaining sessions.

Private Coaching Sessions
(1 coach & 1 client)

Number of Pre-Paid Sessions	Onsite Series Price	Onsite Price per Session	Offsite Series Price	Offsite Price per Session
1 Private Coaching Session	$175	$175	$195	$195
10 Private Sessions	$1,650	$165	$1900	$190
20 Private Sessions	$3,000	$150	$3,600	$180
52 Sessions (6 Month Program)	$6,500	$125	N/A	N/A
104 Sessions (Full Year Commitment)	$11,960	$115	N/A	N/A

Semi-Private Coaching Sessions
(1 coach & 2 or more clients in the gym of coach's choosing.
Prices are for 2 clients. Each additional client adds $35 to the appointment rate.)

Number of Pre-Paid Appointments	Onsite Series Price	Onsite Price per Session per Client	Offsite Series Price	Offsite Price per Session per Client
1 Semi-Private Coaching Session	$300	$150	$390	$195
10 Semi-Private Sessions	$2,800	$140	$3,600	$180
20 Semi-Private Sessions	$4,800	$120	$6,000	$150
52 Sessions (6 Month Program)	$10,400	$100	N/A	N/A
104 Sessions (Full Year Commitment)	$18,720	$90	N/A	N/A

Included Additional Services (priced separately for non-clients):

Resting & Active Metabolic Assessments • Functional Movement Assessments • Body Composition • Breathing Behavior Analysis • Corrective and Performance Programming • Sleep Analysis • Stress Mitigation Strategies

I understand the pricing and policies set forth above and agree to abide by them.

Signature: _____ Date: _____

Printed Name: _____