



TDYpersonal & TDYcorporate Services & Fees

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TDY. TeamDynamicsYES! Pty Ltd

ABN: 28114565918

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MyHealth¹ Membership Awards Program

Privileges	SILVER	GOLD	PLATINUM
Membership	FREE	\$600 initial year (for upfront membership) & \$300 p/a each subsequent year Or Free after 1 year as a client & \$300 p/a each subsequent year.	\$1500 initial year (for upfront membership) & \$600 p/a each subsequent year Or Free after 3 years as a client & \$600 p/a each subsequent year.
Bonus Dollars per \$100 spent	NIL	5	10
Bonus Dollars available:			
<ul style="list-style-type: none"> ▪ Refer a new client to <i>TDYpersonal</i> ▪ Refer a company to <i>TDYcorporate</i> 	100 150	150 200	200 250
Complementary TDY Gift Certificates	NO	Complementary \$150 TDY Gift Certificate to give to a friend or family member once per year.	Complementary \$200 TDY Gift Certificate to give to a friend or family member once per year.
Access to TDY special events and exclusive offers	NO	YES	YES
Automatic entry into TDY promotions	YES	YES	YES
Enrolment to <i>TDY TeamFIT</i>	FREE	FREE	FREE

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TDYpersonal

TDY Gift Certificates ² can be given for either: <ul style="list-style-type: none"> ▪ A dollar value, or ▪ A particular service. 	Min: \$100.00
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Individual Personal Training ³	Duration	Entry level PT \$	High: 2-8 years experience PT \$	Superior: 9 years + experience PT \$	Elite: 12 years + experience PT \$
PT Session	30min	60	70	90	120
PT Session	45 – 120 min	1.5 p/min	1.9 p/min	2.4 p/min	3.0 p/min

Small Group Personal Training ³	Duration	² PARTICIPANT	³ PARTICIPANTS	⁴ PARTICIPANTS
Entry Level/High Level Personal Trainer				
Group Session	30min	90 (45 ea)	120 (40 ea)	105 (35 ea)
Group Session	45-120min	2.5 p/min	3.3 p/min	4.0 p/min
Superior Level/Elite Level Personal Trainer				
Group Session	30min	110 (55 ea)	150 (50 ea)	180 (45 ea)
Group Session	45-120min	3.0 p/min	3.9 p/min	4.8 p/min

Exercise Training Programs (ETP's)⁴	4 weeks per program	POA	Tailored exercise programs to assist in health and fitness requirements. Available for individuals and groups.
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TDYpersonal... continued

Pregnancy Training	
Prenatal (1-4)	Rates are as per Individual & Group PT fees. Packages also available – please contact us for details.
Postnatal (1-4)	Rates are as per Individual & Group PT fees. Packages also available – please contact us for details.
Dads (1-4 people)	Rates are as per Individual & Group PT fees. Packages also available – please contact us for details.

Pre-Wedding Training	
JumpSTART Bride	Rates are as per Individual PT fees. Packages also available – please contact us for details.
JumpSTART Groom	Rates are as per Individual PT fees. Packages also available – please contact us for details.
JumpSTART Bridal Party	Rates are as per Group PT fees. Packages also available – please contact us for details.

Running Groups	
Individual	Rates are as per Individual PT fees.
Groups (2-4)	Rates are as per Group PT fees.
Groups (5+)	POA

Massage	Duration	Entry level \$	High: 2-8 years experience \$	Superior: 9 years + experience \$	Elite: 12 years + experience \$
Massage	30min	60	70	90	110
Massage	45 – 120 min	1.5 p/m	1.8 p/m	2.1 p/m	2.6 p/m

Dietician	Duration	Entry level \$	High: 2-8 years experience \$	Superior: 9 years + experience \$	Elite: 12 years + experience \$
Initial Appointment	Coming Soon	-	-	-	-
Standard Appt.	Coming Soon	-	-	-	-

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TDYpersonal... continued

<i>lifestyle Packages</i> ⁵	\$	Description
<i>lifestylePASSION</i>	POA	The ideal weekend retreat consisting of accommodation, personalised training sessions in varying locations, pre-organised adventure activities, meal preparation, relaxation time and more. Caters for a maximum of 6 people to retain personalised attention.
<i>lifestyleCOMMITMENT</i>	POA	Combination of personalised services focused on providing a lifestyle overhaul by improving and maintaining an individual's complete health, fitness and wellbeing.
<i>lifestyleSPORT</i>	POA	Combination of personalised training, massage, Exercise Training Programs and an optional tailored nutritional plan, all aimed at assisting sporting people of all levels in their performance.

<i>shopRIGHT Programs</i> ⁶	Duration	\$	Description
<i>shopRIGHT</i>	90min	\$ 200	Educational and systematic nutritional approach to understanding food contents in a practical food shopping situation. Bring the family along so everyone learns together.
<i>shopRIGHT Premium</i>	90 - 120min	\$ 250	Provides all the services included in our <i>shopRIGHT</i> program, with the addition of a dietary assessment and meal ideas.
<i>shopRIGHT Sport</i>	Minimum plan duration is 7 days.	From \$350	Provides athletes and weekend warriors with a tailored dietary plan in the lead-up to, and day of their chosen event, Including event recovery.

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TDYcorporate ⁷

smartFITNESS	(Please contact us for further info or a proposal)	Corporate fitness training and nutrition for: <ul style="list-style-type: none">▪ Events (BRW Triathlon, Lake in a Day, etc), &▪ Improved employee relations & productivity.
smartHEALTH	(Please contact us for further info or a proposal)	Corporate health workshops & seminars for: <ul style="list-style-type: none">▪ Educating employees in health and wellbeing,▪ Improving employee relations, &▪ Promoting greater productivity.
smartFLEX	(Please contact us for further info or a proposal)	Corporate and sporting teams stretch & strength classes: <ul style="list-style-type: none">▪ Reduces absenteeism,▪ Improves productivity,▪ Increases flexibility,▪ Minimises injuries, &▪ Reduces stress.
smartSOURCE	(Please contact us for further info or a proposal)	Corporate gym & health program consultancy service: <ul style="list-style-type: none">▪ Facility concept & design,▪ Layout, equipment assessment & set-up,▪ Operations management & staffing,▪ Marketing & promotion, &▪ Event management.
smartRUB	(Please contact us for further info or a proposal)	Corporate massage and promotion for: <ul style="list-style-type: none">▪ Office,▪ Launches,▪ Gifts (clients & employees), &▪ Events (F1 Grand Prix, Company parties, etc).

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TDY Fee Policy

PAYMENTS: Payments can be made via the following methods only and are required prior to the arranged session:

- **Cash Payments, or**
- **Electronic Funds Transfer:**
 - **Account Name:** TDY. Team Dynamics YES! Pty. Ltd.
 - **Bank:** ANZ
 - **Branch No. (BSB):** 013-423
 - **Account No:** 4969-43044

NB: Accounts⁸ may be set-up for some clients (Please contact us to discuss Account set-up arrangements and requirements)

¹ **MyHealth:**

- For all explanations and conditions please see our websites **MyHealth** section.

² **Personalised Training & Small Group Personalised Training:**

- Any session duration between 30 and 45 minutes will be charged at the 45 minute rate.

³ **Gift Certificates:**

- All certificates expire 3 months from date of purchase.

⁴ **Exercise Training Programs (ETP's):**

- Programs will be emailed to clients, only once payment has been received.
- They can be designed for clients to use at their gym, or for clients wishing to train indoors or outdoors.

⁵ **lifestylePASSION, lifestyleCOMMITMENT, & lifestyleSPORT packages:**

- A TDY representative will meet with you to assess your goals and provide the best suited package for you.

⁶ **shopRIGHT, shopRIGHT Premium, & shopRIGHT Sport programs:**

- It is advised that clients purchase a **shopRIGHT** program in addition to their PT sessions or ETP's, so you become aware of how to integrate your fitness, lifestyle and wellbeing aspirations into one easily managed package.

⁷ **TDYcorporate services:**

- For information on how to have us design a tailored proposal for your workplace, please contact us by phone, email or through the enquiries form on our website.

⁸ **Accounts:**

- All TDY accounts are emailed to clients on a monthly basis.
- Accounts begin on the first day of each month and end on the last day of that month.
- TDY's account payment policy is strictly 7 days, after which interest will be charged on any outstanding amount.

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