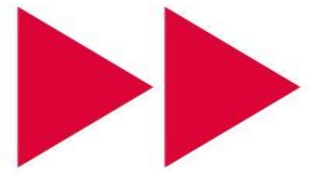


PAYNE

TRAINS FITNESS



THINK IT. DREAM IT. LIVE IT.

Client Services and Policies

Name: _____ **email** _____

-8 WOD Package \$150(\$19) -12 WOD Package \$200(\$17) -16 WOD Package \$240(\$15)

New client One month "Payne Training" package 3-1:1 sessions & 3 WOD workouts \$149

One month "No time to waist" package 6 1:1 sessions & 6 WOD workouts \$249

Note: packages must be used in 40 days

PT Rates - ½ hour sessions 1x/week \$43 2+/week \$37 per session

-hour sessions 1x/week \$65 2+/ week \$55 per session

Online Training Plan –Includes cardio, strength training and nutrition schedule. Plus weekly phone meeting (Sat or Sun) to discuss ALL things training thus allowing us to make changes to schedule and keep you progressing toward your goal - \$129/month

****To maximize results I advise you to complete 20-30min of cardio before or after your 30min session****

- 24 hour cancellation notice for all 1 on 1 training sessions. Missed sessions must be rescheduled within the month.

Participant Signature

Date