



Weight Loss Support Program

The support of a personal trainer at a much lower price!

While some people require that personalized one-on-one, face-to-face support of a personal trainer, others just need a little support, guidance and accountability while they pave their own path to weight loss and wellness. This is why we've created the Weight Loss Support Program!

THIS PROGRAM INCLUDES:

Unlimited access to all weekly classes. You get the benefits of group fitness with the added support of your trainer! This is why we've created this program. While some people prefer a quiet, one-on-one setting, you will probably find our classes to be just the motivation you need to keep you coming back for more.

One 30-minute support/accountability meeting with a trainer each month where you can (if you choose) be weighed, measured and/or photographed. This will also be a time that you sit down and review what you are doing and make any adjustments needed to help you reach your goals. We understand each and every person is different. Everyone has different struggles. Your meeting will be whatever it needs to be. On the months you are doing well, we will high five you and encourage you to stay on course. On the months you are struggling or feeling hopeless, we will completely revamp your plan and send you out of your appointment with a brand new course of action!

All discounts that all of our members receive. These discounts include (but are not limited to) many of our workshops, discounted Raindrop Therapy sessions and 10% off Young Living Essential Oils.

Unlimited email and text support from your trainer. Text support is there for quick questions or the occasional "Help! I'm struggling." Most of the time, these texts will be responded to quickly but we do ask that you understand that your trainer may have times that they are unavailable due to work schedule, family time or limited cell range. We ask that, for more in-depth questions, you use email and you will receive a response within 24-48 hours...usually much sooner!

Optional month-to-month plan after initial contract is expired. We ask all of our weight-loss support clients to sign a year contract. Why? Because we don't believe in quick fixes. We want you to commit to this program and put your heart into it, even on the tough months. But, after your year is up, you have the option to continue your membership month-to-month or drop down to just \$30/month to continue to attend unlimited classes as long as you'd like and can cancel any time thereafter.

Sign-Up Date: _____ Your Name: _____

Your Phone Number: _____ Email: _____

You will be billed on today's date and each subsequent month until the termination of your draft.

Your Name exactly as it appears on your credit or debit card: _____

Card Number: _____ Monthly Cost: \$75.00

Expiration: ____ / ____ 3 Digit CVD Code (Located on Back of Card): _____

Billing Address for Card: _____

Signature: _____ Date: _____

For Office Use Only: Contract End Date: _____ Draft Date: _____ Special Offer Price and/or Other Notes: _____
