

## 2020-2021 Lisa Reed Fitness, LLC Rates, Policies & Waiver



The LRF programs are designed exclusively to assist you in achieving your personal fitness goals via one-on-one sessions or other sessions/programs.

Lisa can come to your home, club, office as well as online through Zoom or FaceTime. If you are working out for the very first time or a professional athlete, Lisa will design an individualized program to fit your personal needs so you can feel better.

As your fitness level changes, so does your program regimen, ensuring consistent and optimum results.

Be your best at every age to improve your health and well-being with Lisa!

Lisa Reed, MS, CSCS offers private and professional training services for all ages and fitness levels- that are individualized and customized. Each training program and session are specific for every body, including Men's & Women's Health, Senior Strength, Improve your Balance & Core, Strengthen your bones & prevent aging, Improve Mobility & Flexibility, Prevent injury & learn how to train post physical therapy, improve your golf, tennis or pickleball game, Get in the pool or meet at the beach for a training session and/or improve your total well-being with a personal, partner or group training program today!

**LRF Training Sessions** LRF sessions are scheduled on a first come, first serve basis with priority given to individuals signing up for a package, who have pre-paid. We offer training options that run on 8 week (one month) or 24 week (3 months) duration, individual training sessions, training in a group setting or private one-on-one sessions. All sessions must be pre-paid in full and scheduled to secure time slot. 8 and 24-week sessions allow you the ability to create a personalized fitness regimen thus ensuring the most efficient results and lock in your time slot for those sessions paid in advance. Consistent training is one of the first steps in transforming your body and promoting a healthy lifestyle.

### LRF In-Home or Zoom Training Packages & Individual Sessions

- Prices are per person and sessions last 55 minutes in length.
- Clients signing up for packages will receive scheduling priority.
- Packages are reserved on a first come first served basis.
- Time slots are only guaranteed for pre-paid packages.
- All training sessions and packages must be paid in full prior to the start date.
- All training sessions must be scheduled prior to the start of the package.

- Training sessions are not transferable.
- Prices include mileage within 10 miles of 34110 to your home/gym. Additional mileage costs will be added as follows: \$10 per session for 11-19 miles beyond the 10 mile limit, \$20, for 20-29 miles beyond the 10 mile limit.
- Zoom training sessions are the same price as listed below as location is online. If there are other family member/friends joining on one online Zoom camera, there is an additional fee of \$15. Per client. If you are zooming from two or more locations, rates are adjusted just as if you had a partner session or small group session, etc.

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TRAINING PACKAGES Prices effective 8/1/2020 and are subject to change without notice.

ONE-ON-ONE TRAINING SESSIONS (Zoom or In-Home)

| <b>Session Pack Options</b>                           | <b>Rate</b>   |
|---|---|
| 24 Session Pack + Must be used within 3 months        | \$120.00 Per Session  |
| 8 Session pack (2x per week) Must be used in 4 weeks. | \$125.00 Per Session  |
| 4 Session Pack (1x per week) Must be used in 4 weeks. | \$130.00 Per Session  |
| Drop-in 1 session                                     | \$150.00 (still must pay for each drop in session in advance) |

PARTNER TRAINING SESSIONS FOR UP TO TWO CLIENTS (Zoom or In-Home)

| <b>Session Pack Options</b>                           | <b>Rate</b>                    |
|---|--------------------------------|
| 24 Session Pack + Must be used within 3 months        | \$65.00 Per Session/Per Client |
| 8 Session Pack (2x Per Week) Must be used in 4 weeks. | \$70.00 Per Session/Per Client |
| 4 Session Pack (1x per week) Must be used in 4 weeks. | \$75.00 Per Session/Per Client |
| Drop-in 1 session                                     | \$80. Per Client               |

SMALL GROUP TRAINING SESSIONS FOR 3-4 CLIENTS

| <b>Session Pack Options</b>                           | <b>Rate</b>                    |
|---|--------------------------------|
| 8 Session Pack (2x Per Week) Must be used in 4 weeks. | \$45. Per Session/ Per Client  |
| 4 Session Pack (1x per week) Must be used in 4 weeks. | \$50.00 Per Session/Per Client |
| Drop-in 1 session                                     | \$55.00 Per Session/Per Client |

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GROUP TRAINING 5 OR MORE CLIENTS (Zoom or In-Home)

| Session Pack Options                                   | Rate                           |
|--|--------------------------------|
| 8 session pack (2x Per Week). Must be used in 4 weeks. | \$30.00 Per Session/Per Client |
| 4 session pack (1x Per Week)                           | \$35.00 Per Session/Per Client |
| Drop-In session  | \$40.00 Per Session/Per Client |

LRF Customized Fitness Workout Card \*A pack of 4 personal or small group training sessions is required.

**Description: 6 Week Periodized & Individually Customized Workout Plan** \*With a purchase of 4 Personal or 4 Group Training sessions

Lisa will design, assist and teach you how to perform each exercise for your workout and 6 week workout card. At our first training session together, I will guide you through a few simple movement exercises/ assessments to prep you for your workout and to design an individual specific workout plan. Throughout your sessions, you will learn how to properly set up the machines, what weight to use, how to stretch after each one, and how to track your workouts on your customized card. You will also learn additional LRF activation exercises-pre and/or post workout stretches/mobility/balance/ and or any other tips for you to maximize your results.

**Program Cost**

\$100.00 Per Client/Per workout plan \*Each card thereafter (every 6 weeks) is \$50. Per client/per workout plan.

LRF Customized Online Fitness Plan

**Description: 4-Week Individual Customized Online Fitness Plan**

Do you live out of town but still want what LRF offers? Contact Lisa Reed Fitness today and Lisa will customize a workout program just for you and e-mail it to you. Each

**Program Cost**

\$200.00

LRF Nutritional Guidance Plan

**Description: Customized 4 Week Nutritional Guidance Plan**

LRF Nutritional Guidance Plan will cover food intake, timing and recommended portion sizes, all dependent on your activities, health history and daily food journals. A three day food log journal is required before beginning. \*Find one day log sheet on Lisa's website here: [www.lisareedfitness.com](http://www.lisareedfitness.com) Throughout the 4 weeks, \$500.00 Lisa will provide you with simple steps and answer all your questions within 24 hours. *Compliment your fitness plan to feel and be your best at every age with this Customized 4 Week Nutritional Guidance Plan!*

**Program Cost**

## LRF PERSONALIZED VIDEO WORKOUT LRF Personalized VIDEO Workout

**Description: YouTube Video of Workout Customized Just for You!**

| Program Cost  |
|---------------|
| \$100.00 Each |

One custom YouTube video workout, includes two phone calls with Lisa

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## CLIENT AGREEMENT With Scheduling, Payment & Cancellation Policy

### Scheduling Policies

Packages must be pre-paid and scheduled in advance, and are based on consecutive weeks only.

Time slots are guaranteed only for pre-paid and scheduled packages.

Packages and individual sessions are NOT transferable. All Packages must be paid in full one week prior to the first session.

Any session missed (for emergency reasons or if Trainer notified within 48 hours of when the scheduled session is to begin) must be rescheduled within 48 hours.

### Payment Options

Accepted forms of payment: Cash, Checks and Credit Cards.

All checks that are returned for Insufficient Funds will be charged a \$35.00 returned check fee.

### Cancellation Policy

Rescheduling - 48 notice is required.

Sessions must be rescheduled within the same week, subject to trainer availability. If the trainer has no openings for that week, he/she will offer you the next available session the following week. If your trainer does not have any openings, your trainer will connect you with another LRF trainer for that week or the following week to reschedule. If you do not reschedule for the current or following week, or there is not a trainer available, you will forfeit that session.

Cancellation - If less than 48 hour notice is provided your session will be considered cancelled and you will forfeit that session. No refunds will be provided.

Group sessions or boot camps cannot be rescheduled. If you have purchased a group session or boot camp package and can not make the pre determined date you will forfeit this session and remaining group will meet.

### Client Photography Consent and Release

I hereby authorize LRF to publish photographs taken of me during individual and group training sessions, and my name and likeness, for use in LRF's print, online and video-based marketing materials, as well as other LRF related publications.

I hereby release and hold harmless LRF from any reasonable expectation of privacy or confidentiality associated with the images specified above. I further acknowledge that my participation is voluntary. I will not receive financial compensation of any type associated with the taking or publication of such photographs or participation in LRF marketing materials or other related publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release LRF, its contractors, its employees, and any third parties involved in the creation or publication of marketing materials, from liability for any claims by me or any third party in connection with my participation.

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#### Client Agreement

By signing this Client Agreement, you understand that Lisa Reed Fitness, LLC assumes no responsibility for your personal health. You acknowledge that you have disclosed all information regarding your health to your trainer and Lisa Reed Fitness, LLC. You further understand that our trainers are not medical professionals and cannot diagnose or treat any medical symptoms or ailments. You are encouraged to seek the advise of a medical professional prior to engaging in any physical activity.

Please Initial Below:

\_\_\_\_\_

\_\_\_\_\_

I am physically fit and able to proceed in a fitness program with Lisa Reed Fitness, LLC.

I understand that the exercise and any weight training I am about to engage in can be dangerous if I do not consult with my personal physician prior to engagement. I am aware that the usual risks, hazards and dangers of personal injury, death and/or disability and loss (collectively "damages"), necessarily increase when myself or others use heavy weights and weight training machinery while engaging in such activity. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience or skill, are present at the same time and using the same facilities. I also understand the importance of keeping my trainer informed of any existing or future health concerns.

I have specified my package of choice and preferred weekly training days/times or I have specified that I will schedule individual sessions at the specified rate.

I declare that I have read and agreed with the Lisa Reed Fitness, LLC registration information and policies regarding payment and cancellations.

Having read the registration information and policies, I understand that my package and/or individual sessions are non-transferrable and that all packages expire 180 days from date of purchase. Sessions are not refundable and a 48-hours advanced notice is required to cancel or reschedule all sessions.

I have read, initialed, and signed this Client Agreement with full knowledge of its significance. I further state that I am at least 18 years of age and competent to sign this Client Agreement.

Signature: \_\_\_\_\_

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

Birthdate: \_\_\_\_\_

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

Client Cell Phone : \_\_\_\_\_

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

City / State / Zip \_\_\_\_\_

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

Emergency Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

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FOR OFFICE USE ONLY

Initial of Intake Person: \_\_\_\_\_ Package Purchased: \_\_\_\_\_  
Payment Due: \$ \_\_\_\_\_ Amount Paid:  
\$ \_\_\_\_\_