

AGREEMENT

Upon entering into this agreement, I agree to undergo an initial assessment which may include postural assessment, gait screening, photos, videos, heart rate, blood pressure, height, weight, range of motion, and strength. The initial assessment is not included with the session fees and will help with the design of my exercise program. Denial of the assessment will result in an inability to participate in this exercise program.

Initial Assessment:\$120/50 mins (\$30/additional 15 mins)

I understand that kinesiotape® may be recommended as an adjunct to my exercise program. It would be performed by a certified kinesiotaping practitioner® for a fee of \$25 and \$10 for any additional body part during a session. I may also purchase tape from Body Resolution, LLC, if I so choose. The following rates are listed and I will circle the one that I am interested in.

Fitness, Golf, and Strength and Metabolic Classes (Classes ONLY. Not for one-on-one):

1 session: \$45

4 sessions: \$160 (\$40 per session)

8 sessions: \$280 (\$35 per session)

12 sessions: \$360 (\$30 per session)

24 sessions: \$600 (\$25 per session)

Seminars: \$50 and up

One-on-One Personal Training sessions: \$105 per 50 mins, \$30 for each additional 15 mins

Two-on-One Partner Personal Training Sessions (with a friend, a spouse, or other clients) 50 mins:

1 person @ \$105

4 people @ \$55 each

2 people @ \$65 each

5 people @ \$50 each

3 people @ \$60 each

6 people @ \$45 each

Payment is due at the time of sign up and is non-refundable. Rates are subject to change. Cash, Check, and Zelle are accepted.

All sessions will expire 1 year from last session date attended. Sessions are not covered by insurance. Bounced/returned checks will result in a fee of \$30 per occurrence.

For classes, signups will be online at www.signupgenius.com and it is my responsibility to fill in. If I am unable to attend, I will notify the staff 24 hours in advance to cancel my session, so that someone else may participate. If it is less than 24 hours, I will be held responsible for paying my session fee.

For personal training, I will arrange appointments with my personal trainer. I will call or email the staff 24 hours in advance to cancel my session. If it is less than 24 hours, I will be held responsible for paying my session fee.

I have read the agreement and hereby sign this willingly.

Signature

Date

Signature of guardian (if under 18)

Date

Effective 10/1/2025