

I Believe Fitness



About us

I Believe is a training service, which is located in Niagara Falls, NY. We offer in person training, as well as virtual. Our goal is to enhance the overall wellness and well-being of our youth and adult members. As coach-mentors of **Believe**, we pride ourselves on setting up our clients for success in their physical, mental and lifestyle goals. We understand that people have busy lives, so we established a variety of training times and plan durations. **I believe's** goal is for you to leave our sessions more physically prepared and with better knowledge of your overall well-being than before **Joining the I believe Family**.

Training sessions

IBelieve training sessions are meticulously planned by our trainers. They're designed in a manner geared toward the maximization of efficiency. Your time is valuable, so our goal is to best prepare you while taking up the least amount of your time possible.

Personal Sessions Prices:

Youth: \$25 Adult: \$30

Calendars Personal Plans: (Partner/small group prices, Each)

- #1 A month "Home Workouts only". **\$60**
- #2 A month " Home workouts only + 4 sessions" **\$135**
- #3 a month "home workout + 6 training sessions " **\$165**
- #4 A month " Home Workouts + 8 training sessions" **\$195**
- #5 A month "Home Workouts + 12 training sessions" **\$250**
- #6 a month "Home workouts +16 sessions **\$300**

Here's our duration of sessions we offer to our *ib*elieve Family members.

Youth: (6 -17 years old)

(Adults 18+)

(Private/Personal training “)

Session #	2	3	5	9	13	16
Youth Prices	\$40	\$55	\$85	\$150	\$200	\$275
Adult Prices	\$50	\$70	\$105	\$200	\$260	\$320

Package Deals :

- Can be you & a friend, family member, or partner/spouse.
- The two individuals must be working out together.

Sessions #	4	6	8	12
2 Adults	\$160	\$200	\$320	\$400
3 Adult	\$240	\$300	\$480	\$600
1 Adult 1 Youth	\$120	\$160	\$240	\$320
1 Adult 2 Youth	\$160	\$180	\$320	\$360
2 youth	\$100	\$130	\$200	\$260

Prices will increase if you want to come on different days or times.

Virtual Fitness All virtual training are 30 min-45 min

- Personal session **\$25**
- Group sessions **\$15**
- Video workout tutorial **\$15**
- Online Training Program **\$95-\$135**
(Meal Guide, 5 weeks training routine, 1 Facetime consulting weekly)

BootCamp

(Bootcamps are for male and female)

1 class \$20 / 2 classes \$35 / 3 classes \$50

All package deals expire after 7 days

Possible Discount:

- Referral (if that person signs up for Personal training \$10 OFF, and \$5 off for Bootcamps/virtual)
- Consistency (3 MONTHS STRAIGHT OF TRAINING) \$10 OFF
- Challenger (participate in challenge) \$5 Credit
- 365 turn around (train for 12 months straight) 12 free training sessions

ULTIMATE Believer Plan (\$1,000):

Consist of 16 personal sessions, calendars, diet guide, 5 days Meal prep, and one on one recap meetings.

(Food shopping & Containers included)

ALL SESSIONS 5+ more EXPIRE AFTER 31 DAYS / All members receive recap meetings (Optional)

Training contract

This Training Contract _____states the terms and conditions that govern the contractual agreement between _____having its principal place of business at local parks (the “Trainer” and [CLIENT] who agrees to be bound by this Contract.

WHEREAS, the Trainer holds significant expertise in _____and offers training services in _____ for which the Client would like to engage the Trainer according to the terms and conditions herein.

NOW, THEREFORE, In consideration of the mutual covenants and promises made by the parties within this Contract, the Trainer and the Client (individually, each a “Party” and collectively, the “Parties”) covenant and agree as follows:

1. TRAINING

The Trainer shall conduct training in respectable and professional matter in accordance with the schedule attached hereto as Exhibit A.

2. PAYMENT

The total cost to be paid to the Trainer by the Client for the services shall be paid at the execution of this Agreement and shall be paid before the start of month or no later then the conclusion of the first training sessions.

3. CANCELLING THE TRAINING SESSIONS

The Client agrees and acknowledges that a change in the schedule may present a significant burden for the Trainer and thus the Client shall forfeit a \$10 dollar fee to the Trainer if the Client must cancel the training services within 5 hours of the date on which the training services are to be scheduled.

4. PUBLICITY AND MARKETING

The Client authorizes the Trainer to utilize the Client's logo and associated trademarks as well as any media, photos, or footage from any training session solely for the purpose of marketing the Trainer's services.

5. NO MODIFICATION UNLESS IN WRITING

No modification of this Contract shall be valid unless in writing and agreed upon by both Parties.

6. APPLICABLE LAW

This Contract and the interpretation of its terms shall be governed by and construed in accordance with the laws of the State of New York and subject to the exclusive jurisdiction of the federal and state courts located in [Erie], [NY].

IN WITNESS WHEREOF, each of the Parties has executed this Contract, both Parties by its duly authorized officer, as of the day and year set forth below.

Additional Clubhouse Rules

- *No outside shoes on turf*
- *Wash hands before and after training*
- *Wear mask when entering and existing the clubhouse*
- *Please **do not** drop or throw equipment*
- *Please be on time*
- *If any severe flu, cold, fever or Covid symptoms **PLEASE STAY HOME.***
- *Please park on the left side of the gym horizontally. .*

Payment:

- *Payments are **required** before the first workout.*
- *Failure of payment before the **due date**, your training session(s) will become available.*
- *We accept **Zelle, Cash, Venmo, Cash app.***

Cancellation:

- *Please Cancel if you have to, **12 hours before** scheduled appointment.*
- *When canceling a permanent session, you could either reschedule, or if no date/time are available you'll get a \$5 refund.*
- *When canceling a temporary session, if we can't reschedule, the session will just stay in count.*
- *If late, training will start when you arrive, and will finish at the original time.(Can go into the next session, if that client is accepting of it.)*
- *Any question and concern please email ibelieveassociation@gmail.com*

PLEASE DO NOT CONTACT ANY TRAINERS BEFORE EMAILING US.

Exhibit A: Choice of training service

Calendar Plan #_____

___ Sessions

Ultimate Believer Plan

__ Personal Session

Virtual Session

Meal Prep

_____(Initial), Confirming that you have read and understand the above rules and regulations.

_____(Initial), Accepting the rules and regulations.

IBelieve Worker:

(Name, Title)

(Date)

Member (Member Parent/Guardian):

(Name, Title)

(Date)