



SPORTSBARN

it's what you do for you

SPORTS BARN/PERSONAL FITNESS SPECIALISTS CORPORATE PERSONAL FITNESS TRAINING PROGRAM

**THE SPORTS BARN IS OFFERING CORPORATE PERSONAL FITNESS TRAINING
PACKAGES AS FOLLOWS:**

PROGRAM DETAILS:

A.) SPORTS BARN MEMBER PROGRAM

Program is for a 6 week period – all start dates are to be determined by each Corporate Account.

Participants will receive:

- **Full Polar Body Age Fitness Assessment** – A unique system that determines the physiological age of your body by calculating body age, body composition, strength, flexibility and risk factors.
- Once all data is gathered, a SB consultant will provide you with a Risk Management Plan.
- 10% discount at Fast Break Athletics
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The Program:

Groups of 1-4 people will be formed based on the fitness levels of each group participant (beginner, intermediate, advanced). Programs will be designed based on the fitness level of each group. Most workouts will include: cardio training, strength training, core training and flexibility training.

The Group training fee is \$50 per group per one hour session (this is a reduced fee for a 6 week time frame--continuing at this fee will be determined based on corporate and/or participant requests). This fee can be paid by group participants or the Corporation. If individuals are paying for the training, an advance payment will need to be made for a minimum of 12 sessions. There is a minimum of 4 groups per corporate need to be set up in order to get this corporate rate. If the Corporation is paying, a billing procedure will be set up. The group rate is a set fee for the 6-week time frame. If group members do not show up, the same fee is due regardless.

Packages will expire at the end of the 6-week program unless otherwise agreed upon by the Personal Fitness Manager.

Participants will be asked to sign a 6-week commitment agreement, as you cannot expect results without the commitment!

Attendance will be taken and, if requested by the Corporation, a report will be generated.

At the end of the 6-week time frame, a drawing will be held for participation prizes. Each name will be entered for each visit so the chances for winning a prize are greater the more the participant attends.

Prizes for Participation (random drawing):

- \$100 Gift Certificate for Personal Training
- \$50 Gift Certificate to Fast Break Athletics
- Complimentary Massage w/Natural Body
- Complimentary Massage at Sports Barn East
- \$50 Club Money to be used at the Sports Barn

B.) NON-MEMBER PROGRAM:

The non-member may participate in this program (which includes qualifying for all incentives, as listed above in the Member Program description), but will be required to pay a \$100 club usage fee. This fee will allow the non-member to use the facility for the 6-week time frame. An enrollment form will be filled out and a temporary membership card will be issued.

Individuals or Groups needing more assistance from a dietary standpoint may participate in the Personal Fitness Specialists Diet to Go Affiliate Program.

Go to www.personal-fitness.com for complete details.

To get started, contact:

Downtown: Teresa Wade, 266-1125 TWade@sportsbarn.net

East Club: Carolyn Batten 855-0091, CBatten@sportsbarn.net

North Club: Kristina Guy, 870-2582, KGuy@sportsbarn.net