



9502 Chamberlayne Road
Mechanicsville, Virginia 23116
Phone (804) 789-9205

Greetings!

We are proud to announce the official opening of

LEAH HUSK FITNESS A Group Exercise & Personal Training Studio
Mechanicsville, Virginia

Located in the Hanover Commons Shopping Center at 301 and Shady Grove Road
(Conveniently located next to the liquor store!)

Please join us for our inaugural Yoga Fusion class on Thursday, July 1, 2010 at 7:00 PM. **It is also important that you review the attached Welcome letter which addresses studio policies and pricing. To save time at class check in, kindly print and sign the last page of the document. This is the new (and required!) form of consent.**

To view the July schedule of classes, please visit our website: www.LeahHuskFitness.com

Thanks so much! Can't wait to see you in the new studio!



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Welcome to Leah Husk Fitness, LLC

At Leah Husk Fitness, our goal is to offer fitness to *every body* at every level available. Our classes and training sessions are taught by experienced, nationally certified instructors who care enough to provide the very best service to our clients. Because we strive to provide personal attention to all our participants, our classes and personal training sessions are small in size. In this workout environment, we don't want you getting lost in the shuffle. We pledge to challenge you, motivate you and keep you as accountable to your fitness goals.

Pricing and Packages

- One Single Class (Drop-in Fee) \$10.
- 4 Classes (Enjoy for 30 days from time of purchase) \$36
- 8 Classes (Enjoy for 45 days from time of purchase) \$64
- 12 Classes (Enjoy for 60 days from time of purchase) \$84
- Unlimited Classes (Monthly) \$88

For first time visitors: If you purchase a package after your first class, you will receive one future free class. Purchase must be made same day as first visit to studio.

Reserved Classes

We do have one or two classes which will require certain spacing or equipment so we have to limit these classes in size. These classes will require a sign up and a 24-hour cancellation. We will, of course, take all no-show cases into consideration, but unless there was an emergency, there will be a deduction from your package balance for one class. We will have wait-lists available for these classes so it is important to cancel if you know you cannot make the class you signed up for.

Class Times & Locked Doors In efforts to keep your costs down, staff attendance at the front desk after check-in will be minimal. Once the class begins and unless there is a receptionist at the front desk, the front door to the studio will be locked. We urge you to arrive 10 minutes early for class so you can get situated with equipment, mats, water, etc. We don't want to add frustration to your day by locking you out of a class. We will not disrupt a class that has begun.

Personal Training

All our Personal Trainers are experienced and nationally certified. Your sessions will include evaluations and fitness testing. Our trainers strive to nudge your physical boundaries and to help you achieve the results you want safely and efficiently.

Master Trainers - Trainers who have more than 10 years experience in the fitness industry. These trainers usually maintain multiple certifications and have extensive experience in training and national presenting.

Package Pricing

- Single Personal Training session (55 minutes) Master Trainer - \$50
- Single Personal Training session (55 minutes) Staff Trainer - \$45
- Partner (2 people) Personal Training session (55 minutes) Master Trainer - \$30 per person
- Partner (2 people) Personal Training session (55 minutes) Staff Trainer - \$25 per person
- Single Personal Training session (30 minutes) Master Trainer - \$25
- Single Personal Training session (30 minutes) Staff Trainer - \$20

Pre-Paid Packages

- 8 or more Personal Training sessions (55 minutes) Master Trainer - \$45
- 8 or more Personal Training sessions (55 minutes) Staff Trainer \$40

Our **cancellation policy** is as follows:

24 hour cancellation is required. Unless a true emergency or sickness prevents you from attending your scheduled session, you will be charged if you fail to cancel 24 hours in advance.

We apologize, but when scheduled for partner or small group training and you need to cancel, all participants of a scheduled session must agree to reschedule or you will be charged for the missed session.

Biometrics

Biometrics is a 6-week nutrition and personal training package designed by a medical physician taking into account your dietary likes and dislikes. Once a series of your body measurements are taken, and your specific meal plan is designed (snacks and meals!) you will meet with a trainer 3 times per week for 30 minute sessions of strength training.

Biometrics is a results oriented program offering accountability with eating and exercise like no other. For more information, check out <http://www.biometricshealth.com/> online or ask to see one of our sample binders.

- Cost for Biometrics 6 week program \$600 (can be made in 2 payments of \$300)
- Partner Biometrics - \$450 per person (can be made in 2 payments of \$225)

Our **cancellation policy** is as follows:

24 hour cancellation is required. Unless a true emergency or sickness prevents you from attending your scheduled session, you will be charged if you fail to cancel 24 hours in advance.

Payment Options:

Check, cash, Master Card, Visa, Discover and American Express

A \$25 fee will be issued for any check returned to us for insufficient funds.

Childcare

We apologize, but due to our insurance restrictions, child care cannot be offered at this time. Children CANNOT be left unattended in the studio lobby, group exercise studio or personal training studio at any time. This policy will be strictly enforced.

Massage Therapy

Look for massage therapy to be offered at Leah Husk Fitness in the very near future!



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Towel Service

Leah Husk Fitness, LLC provides workout towels, bath towels, and all necessary toiletries for showering if you choose to do so! Towel service is complimentary. Please do not take them home with you. If you accidentally take one home, please bring it back!

Automatic Discounts

We proudly offer a 10% discount to the following members of our community:

- Active and Retired Military,
- Law Enforcement,
- Fire Safety,
- Public School Teachers,
- Students and
- Seniors 65+ years young.



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Group Exercise / Personal Training

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Release and Assumption of Risk/Informed Consent

I agree that by my participation in any programming offered by Leah Husk Fitness, LLC and or any of its employees, I expressly assume all risks and full responsibility for any injuries, damages and losses in which may occur during these exercise sessions. I do hereby fully and forever release and discharge Leah Husk, employees or any other affiliates connected with the said organization, from any claims, demands, damages, rights of action or causes of action, liability including that which may arise out of negligence on the part of aforementioned persons or entities, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from or arising out of my participation with this exercise program. I understand the risks and benefits of participating in this exercise program and have chosen to do so without any formal preventive medical screening. I understand that it is my responsibility to contact my physician concerning my medical/health preparedness to participate in this exercise program. I also understand that employees of Leah Husk Fitness, LLC are not authorized or trained in providing medical advice and/or determining any medical abilities and/or risks associated with participating in this exercise program.

I have also reviewed and will adhere to all studio guidelines made available to me in the Welcome Letter included in this release form.

Printed Name _____

Signature _____

Date _____

Witness _____