

LIFTWYSE TRAINING AGREEMENT

FOUNDATION ASSESSMENT & PROGRAM SETUP

Individual \$95 Couples \$125

TRAINING PRICING

Individual Training

\$65/session - weekly billing

8 sessions - \$460 (\$57.50/session)

12 sessions - \$660 (\$55/session)

20 sessions - \$1,000 (\$50/session)

Couples Training

\$80/session - weekly billing

8 sessions - \$620 (\$77.50/session)

12 sessions - \$900 (\$75/session)

20 sessions - \$1,400 (\$70/session)

NUTRITION COACHING

Nutrition coaching is included with active personal training at no additional charge.

Nutrition Coaching Only: \$200/month

For clients who want nutrition coaching without personal training, the monthly nutrition coaching service includes weekly check-ins, diet planning and updates when needed, one-time supplement planning, and monthly progress photo and weight updates.

Nutrition coaching only does not include personal training, workout programming, or fitness coaching.

PACKAGE TERMS

All 8-, 12-, and 20-session packages expire 13 weeks from the date of the Foundation Assessment or package purchase date. Any unused sessions remaining at the end of the 13-week period expire.

The 13-week package expiration period does not override or extend the cancellation and rescheduling policy. Once a package session is scheduled, that specific session is subject to the cancellation and rollover terms below.

20-session packages require an average of approximately 2 sessions per week to be completed before expiration.

All training sessions and packages are non-refundable.

Payment for your next package is due when you have one session remaining in your current package.

PAYMENT

Accepted Payment Methods: Venmo • Cash App • Zelle • Apple Cash • Square Invoice • Credit/Debit Card • Check

Square and credit/debit card payments are subject to applicable taxes and processing fees.

Your first session or package payment is due today.

CANCELLATION & RESCHEDULING POLICY

A minimum of 24 hours' notice is required to cancel or reschedule a scheduled training session. **This policy applies to every scheduled session, whether paid individually or through a training package.**

- **24+ hours' notice:** I will make a reasonable effort to reschedule the session during the same training week. If the session cannot be used that week, the session may roll over **one time to the following training week only**, based on availability. If the rolled-over session is not used by the end of the following training week, that session expires and is forfeited.

- **Less than 24 hours' notice:** The scheduled session is forfeited and will be charged. If the session was part of a package, it is deducted from the package and cannot be recovered or used at a later date.

- **Cancelled package sessions:** A cancelled or rescheduled package session does not return to the client's general package balance for use at any time during the 13-week package period. Once scheduled, the session remains subject to the cancellation policy above. A session eligible for rollover must be used no later than the end of the following training week.

- **Repeated cancellations:** Cancelling, rescheduling, or rolling over sessions does not extend the package expiration date. Sessions forfeited under this policy are considered used/deducted sessions and are not remaining package credits.

- **Emergencies:** I understand emergencies happen. I will make a reasonable effort to reschedule within the terms above when availability allows. Any exception is at the discretion of LIFTWYSE Fitness and does not modify this policy for future sessions.

This policy allows me to reserve your scheduled training time, prepare your programming, and maintain a consistent schedule for all clients.

APPOINTMENT REMINDERS & COMMUNICATION

Please respond Yes or No to all automated appointment reminders.

If you respond No, please also text me directly with the reason for the cancellation and let me know if you would like to reschedule.

All cancellations and rescheduling remain subject to the cancellation and rollover policy above.

SAFETY AGREEMENT & WAIVER OF LIABILITY

By participating in any training, fitness, or nutrition-related activity with Brooke Walker Stubbs and LIFTWYSE Fitness, you acknowledge and agree that physical exercise and training involve inherent risks, including but not limited to serious injury, illness, permanent disability, or death.

You are strongly advised to obtain medical clearance from a licensed physician before participating in any exercise or fitness program.

You acknowledge that your participation in any training session, exercise, nutrition coaching service, or related activity is voluntary and undertaken at your own risk.

Nutrition coaching, dietary guidance, meal-planning guidance, supplement education, and other nutrition recommendations provided by LIFTWYSE Fitness are for general wellness and educational purposes only. They are not medical advice, medical nutrition therapy, diagnosis, treatment, or a substitute for care from a physician, registered dietitian, or other appropriately licensed healthcare professional.

It is your responsibility to disclose relevant allergies, food intolerances, medications, medical conditions, pregnancy, or other circumstances that may affect nutrition or exercise recommendations, and to consult an appropriate healthcare professional before making significant dietary, supplement, or exercise changes.

LIFTWYSE Fitness does not diagnose, treat, cure, or prevent disease and does not guarantee any specific weight, body-composition, health, fitness, or nutrition result.

You voluntarily assume the risks associated with implementing exercise, dietary, nutrition, and supplement recommendations.

This waiver and release of liability includes claims, injuries, damages, or losses arising from or related to:

1. Participation in any personal training session, fitness activity, nutrition coaching service, or program; and
2. Any instruction, training, supervision, general nutrition guidance, dietary recommendations, or supplement education provided by Brooke Walker Stubbs and LIFTWYSE Fitness.

You acknowledge that you have read and understand this Waiver and Release of Liability and agree to release, waive, discharge, and hold harmless Brooke Walker Stubbs and LIFTWYSE Fitness from claims, demands, actions, or causes of action arising from personal injury, illness, death, or property damage resulting from participation in training or nutrition coaching activities.

To the fullest extent permitted by law, this release includes claims based on the negligence of Brooke Walker Stubbs and LIFTWYSE Fitness.

If any provision of this agreement is found invalid or unenforceable, the remaining provisions will continue in full force and effect.

By signing this agreement, you acknowledge that you understand its contents, are signing voluntarily, and agree that it may not be modified orally.

ACKNOWLEDGMENT & SIGNATURE

I certify that I have read and understand this Training Agreement, including the payment, cancellation, rescheduling, rollover, package expiration, nutrition coaching, and safety policies above. I am at least 18 years of age, legally competent to sign this agreement, and voluntarily agree to be bound by its terms.

Print Name: _____

Signature: _____

Date: _____