



## Guaranteed Results!

**(Rates and Policies 2023)**

At SlowBurn Personal Training Studios, we offer the finest in *one-to-one* personal exercise instruction in an ideal exercise environment (e.g., clean, cool, quiet and private). We say ideal because not only is it private (no general membership), but you'll also enjoy building your body on *superior exercise equipment* (some found nowhere else in the world) and using the SlowBurn method of strength training developed by world-renowned personal trainer Fredrick Hahn.

We also offer a state-of-the-art body composition computer (which normally costs \$99 per test), but as a client, you'll enjoy unlimited *complimentary* tests. The InBody 570 is a research-grade body composition computer that will, as time goes by, ensure that you receive the results you're investing in.

We also offer nutritional guidance to help you become and/or stay lean and healthy for a lifetime.

### **Personalized Program**

We keep session by session progress records of your personalized strength improvements and detailed notes about your training session. This way, any SlowBurn instructor can guide you through a workout which allows you more appointment flexibility. Your instructor will never answer their phone or text or waste your time in any way with meaningless small talk. You are given expert exercise and nutritional instruction every step of the way.

### **Package Plan Personal Investments**

<b>30 Minute Signature Sessions</b>	<b>Total # of Sessions</b>	<b>Per Session Cost</b>	<b>Package Cost</b>
The Tester (2-month pgm)	16	\$120	\$1920
The Transformer (3-month pgm)	32	\$115	\$3680
The Shape Shifter (6-month pgm)	50	\$110	\$5500
The Metamorphosis (1-year pgm)	100	\$100	\$10000

### **Conditions/Terms:**

Once you purchase a package and have completed 5 (five) sessions in any size package or more, no refunds will be given (except for emergency reasons). All packages renew for the same amount automatically **at your last session** using the credit card we have on file for you. If you need to stop your training for some reason, change your credit card or package preference, please contact us before the package has run out of sessions. Packages may be shared, however, all new clients must have an intro session and workout unless they have prior experience with high intensity SlowBurn training.

### **Package Particulars and Expirations:**

If you haven't been in to train in a while, we'll contact you 3 (three) times to remind you about a package that is about to expire. If you don't respond to us before the package expires, it expires. There are no exceptions. So, please make sure to check your emails and inform us of any lengthy layoffs you may need to take from your training so we can adjust accordingly. We don't want you to lose your SlowBurn sessions or your hard-earned strength!

Purchasing a package allows you to schedule in advance for the number of sessions you purchased and it secures a "recurring" appointment time.

### **Package Conditions/Terms:**

- The Tester 16 session package expires after 3 months. You receive 2 free late cancellations.
- The Transformer 32 session package expires after 6 months. You receive 4 free late cancellations.
- The Shape Shifter 50 session package expires after 12 months. 6 free late cancellations.
- The Metamorphosis 100 sessions package expires after 18 months. 8 free late cancellations.

We *do* make exceptions to the above expiration dates so always let us know what your schedule conflicts may be.

**(Note: The free late cancellations are specifically designed for illnesses, emergencies, sudden changes to your work schedule, etc. We must enforce these late cancellation rules strictly due to the nature of our business.)**

All rates are subject to change without notice. However, should rates change while there are sessions remaining on a package, the prior rate will be honored until the package is complete (within the specified time frame).

### **Our Guarantee:**

Upon completion of your ***first, 32 consecutive sessions***, and following our nutritional guidance, you are entitled to a full refund (less the sessions you used) if you are unhappy in any way. Once you have received your refund, you may not schedule any further sessions at any of our locations.

### **Payment Options:**

We accept credit cards, checks or cash for payment. **A 2% reduced rate is offered for *cash* payments only.** If you pay by check, please make sure to bring a check on the day of your last session or we cannot schedule you for future sessions. All checks should be made out to Serious Strength, Inc. for NYC clients and Serious Strength Montclair Inc. for NJ.

### **Cancelations/No Shows:**

Please review our policies and procedures sheet for details on cancellations, late cancellations, no-shows, etc.

### **Our Referral Program:**

Refer someone and **if they purchase**, you will receive a complimentary session for your first referral.

- For your second referral, you'll receive two complimentary sessions.
- For your third and all referrals thereafter, you'll receive three complimentary sessions.

So, if you refer enough people, you could potentially exercise for free, forever!

**SlowBurn Personal Training Studios**  
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