

# AGREEMENT

Upon entering into this agreement, I agree to undergo an initial assessment, which may include postural assessment, gait screening, photos, videos, heart rate, blood pressure, height, weight, range of motion, strength, and body fat testing. The initial assessment is not included with the session fees and will help with the design of my exercise program. Denial of the assessment will result in an inability to participate in this exercise program. If I have been in physical therapy at a community partner location, I may be able to forgo the initial assessment, as determined by the staff at Body Resolution, LLC. I may be responsible for picking up my medical records and delivering them to Body Resolution, LLC.

Initial Assessment: \$90    Physical Therapy Initial Assessment: \$120

Follow-up assessments may be performed once a month. It is my responsibility to set up an appointment with the staff at Body Resolution, LLC.

I understand that Kinesiotape® may be recommended as an adjunct to my exercise program. If so, it will be performed by a Certified Kinesio Taping Practitioner® for a fee of \$25 plus \$10 for any additional body part during a session. I may also purchase tape from Body Resolution, LLC, if I so choose.

The following rates are listed, and I will circle the one that I am interested in.

## **Fitness, Golf, and Pilates Semi-Private Group Training offered:**

|              |                          |  |
|--------------|--------------------------|--|
| 1 session:   | \$45                     |  |
| 4 sessions:  | \$160 (\$40 per session) | Pilates Diverse Package: \$600                     |
| 8 sessions:  | \$280 (\$35 per session) | 5 equipment and 16 mat -OR- 10 equipment and 8 mat |
| 12 sessions: | \$360 (\$30 per session) |  |
| 24 sessions: | \$600 (\$25 per session) | Seminars: \$50 and up                              |

## **Drop Sizes Class:**

4 days a week, 8 weeks

\$650 total; I may pay in two installments (½ due at sign-up, ½ due at 3 weeks).

I will attend once-a-week accountability meetings and participate in nutritional journal checks.

## **Personal Training and Personal Pilates sessions:**

\$90 per 50 minutes, \$20 for each additional 15 minutes

## **Physical Therapy:**

\$120 per 50 minutes

Payment is due at the time of sign up and is nonrefundable. Rates are subject to change.

Cash, Check, Visa, or Mastercard are accepted.

All sessions will expire 1 year from purchase date. Sessions are not covered by insurance.

Bounced/returned checks will result in a fee of \$25 per occurrence.

For group semi-private training, signups will take place online at [www.signupgenius.com](http://www.signupgenius.com) and are my responsibility to fill in. If I am unable to attend, I will swap with another client or notify the staff 24 hours in advance to cancel my session so that someone else may participate. If it is less than 24 hours, I will be held responsible for paying my session fee.

For personal training, I will arrange appointments with my personal trainer. I will call or email the staff 24 hours in advance to cancel my session. If it is less than 24 hours, I will be held responsible for paying my session fee.

I have read over the agreement and hereby sign this willingly.

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Signature

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Date

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Signature of guardian (if under 18)

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Date