



## A Covid19 Safe, Five-Star Personal Training Experience! Rates and Policies 2021

At SlowBurn Personal Training Studios, we do everything we can to keep the training environment as clean and as sanitized as possible.

We offer the finest in *one to one* personal exercise instruction provided in an ideal exercise environment. We say ideal because not only is it private (no general membership), you'll enjoy building your body on *superior exercise equipment* (some found nowhere else in the world) and the SlowBurn method of strengthening. We also use the research-grade, InBody body composition computer to show you the results you're investing in as well as nutritional guidance to help you stay lean and healthy for a lifetime.

We keep session by session progress records of your strength improvements and detailed notes about your training session so that each instructor knows exactly what is going on with you.

Since all SlowBurn instructors employ the same philosophy on diet and exercise, any instructor can instruct and guide you so if your schedule changes, you don't ever have to miss a workout. This gives you added scheduling latitude.

Your instructor will never answer a cell phone or waste your time with small talk. You are given expert exercise instruction every step of the way.

### Package Plan Investments

(The larger the package you choose, the greater the savings per session!)

30 Minute Signature Sessions	Total # of Sessions	Per Session Cost	Package Cost
Single 30 Minute Session	1	\$125	-
The Tester	8	\$120	\$960
The Reformer	16	\$115	\$1,840
The Transformer	32	\$110	\$3,520
The Metamorphosis	100	\$99	\$9,900



15 Minute Concentrate Sessions	Total # of Sessions	Per Session Cost	Package Cost
Single Concentrate Session	1	\$78	-
Concentrate 10	10	\$75	\$750
Concentrate 20	20	\$72	\$1,440

### Monthly Payment Plan Investments

30 Minute Payment Plan	Per Session Cost	Monthly Cost
4 Sessions	\$122	\$488
8 Sessions	\$120	\$960

15 Minute Payment Plan	Per Session Cost	Monthly Cost
4 Sessions	\$78	\$312
8 Sessions	\$75	\$600

#### Monthly Plan Conditions/Terms:

All monthly plans renew 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 or change your credit card, please contact us before the month is over.

Packages and monthly plans may be shared with anyone if they are medically fit to exercise. All new clients must have an intro session and workout first unless they have prior experience with high intensity SlowBurn training.

If you change your mind and want to alter your payment plan or the types of sessions you are doing, let us know. We can usually figure something out for you. That said, we **do not** apply/alter monthly plan payments to packages or vice versa.

SlowBurn Personal Training Studios  
 169 W. 78<sup>th</sup> St. LL      25 Watchung Plaza  
 New York, NY 10024      Montclair, NJ 07042  
 (212) 579-9320      (973) 233-1013



### **Other Conditions**

All sessions are conducted by a certified personal trainer who has undergone a 20+ hour internship under the tutelage of the owner.

Payments for new packages are required upon completion of the *last session in your current package*. This allows you to schedule in advance and ensures you can keep your preferred time slot (recurring). **We do not allow training when your account is in arrears.** If you train after your package expires and do not purchase a new one, you will be charged at the single session rate. We will send you several reminders when your package winds down to the last few sessions.

If you pay by check, please make sure to bring a check for your next series of sessions or we cannot schedule you for future sessions until you purchase. All checks should be made out to Serious Strength, Inc. for NYC clients and Serious Strength Montclair Inc. for NJ clients.

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

If you haven't been in to train in a while, we'll contact you several times to remind you about a package that may soon expire. If you don't respond to us before the package expires, we cannot offer you a refund or allow you to transfer the sessions to another person. 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 and secure a "recurring" appointment time. Single sessions may schedule on a weekly basis *only*.

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

- The Tester 8 session package expires after 2 months.
- The Reformer 16 session package expires after 6 months
- The Transformer 32 session package expires after 8 months.
- The Metamorphosis 100 sessions package expires after 18 months.
- The Concentrate 10 session package expires after 3 months.
- The Concentrate 20 session package expires after 6 months.

**NOTE: We do make exceptions to the above so always let us know what your schedule conflicts are.**

Transfers of packages to other people are allowed, but they are at the discretion of SlowBurn Personal Training.

All rates and specials 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 25 consecutive sessions*, you are entitled to a full refund if you are unhappy in any way. Once you complete your 25<sup>th</sup> session, no refunds will be issued on any package.

### **Payment Options:**

We accept all credit cards, checks, money orders or cash for payment. A 2% reduced rate is offered for *cash* payments.

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**Cancellations/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 a package or monthly payment plan** of any size or type, 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!