

WELLNESS JOURNEY STUDIO

It is time for a new year a new you! Let's make room for who you want to be and how you want to feel in 2012.

MEMBERSHIP

Membership at the wellness journey studio is more than just attending a fitness class! What you get:

- * Unlimited access to the equipment and all the scheduled fitness classes- yoga, spin, weights but does not include specialty programs such as boot camp or personal training.
- * Discounts if you pay for 3 months or more.
- * No worries about being locked in you can cancel your membership anytime within 30 days notice.
- * One trial class guest pass for a new student.
- * Education on nutrition and the latest on all fitness trends.
- * Home workout ideas for making health and fitness part of you life.
- * Personalized customized workouts.
- * Qualified and highly trained trainers.
- * Personalized assessments.
- * Goal setting work with a trainer to get you where you want to be.
- * Additional specials and offerings throughout the year.

INVESTMENT and MEMBERSHIP POLICY

- * Membership must be paid by the first and no later than the 5th of the month. If membership is not paid by the 5th of the month no more services will be provided.
 - * There is a tax on membership.
 - * There are no refunds or holds on membership.
 - * There is no initiation fee.
 - * You must sign in at the front desk for each class you attend or use of facility.
 - * If public schools are cancelled due to weather the studio classes will be cancelled.
- This does not include bootcamp, personal training or facility use.
- * Put all payments in the box behind the desk. Please do not put checks in the desk.
 - * We are a kid free zone.

HOW MUCH DOES THIS COST?

Pay one month with classes - \$45.00 (\$48.15 with tax)
Pay for 3 months and get a discount - \$120.00 (\$128.40 with tax)
Equipment use only no classes - \$30.00 (\$32.10 with tax)
Daily Class fee - \$7.00 (\$7.49 with tax)
Pay a punch pass of 5 classes - \$35.00 (\$37.45 with tax)

NEW TO WELLNESS JOURNEY? – info to know before you arrive.

- * You must pre pay for your class before you attend.
- * You must sign in at the front desk each time you come to the studio.

- * You can bring your own yoga mat or use one at the studio.
- * You may also want to bring a towel and water bottle.
- * Sign the newbie form and waiver before you attend class.
- * Listen to your body!
- * We are a cell phone free zone please turn them off before entering class.
- * When you sign up, you get a welcome email, and set a time with a trainer to customize your workout.
- * Please wear street shoes into the building and change into workout shoes for class.
- * Keep valuables with you. There are lockers in the back.
- * Let your trainer know about any health concerns you have.
- * Wear comfortable clothing.
- * Now breath let go and enjoy this time for yourself!

HOW DO I SIGN UP?

TO BECOME A MEMBER YOU MUST MAKE AN APPOINTMENT. YOU WILL BE WALKED THROUGH THE FACILITY AND HAVE A ONE TIME SESION TO DEVELOP A PROGRAM TO FIT YOUR GOALS AND NEEDS.

Contact Traci Trainer 308-530-7932

Schedule of classes found at: WWW.YOURWELLNESSJOURNEY.COM

CONNECT

FACEBOOK WITH OUR TRAINERS OR CONNECT TO OUR BLOG AT

WWW.TRACI-TRAINER.BLOGSPOT.COM

THE MISSION

The mission of Wellness Journey is to support each person's mind, body, and spirit goals

through individualized exercises, nutritional counseling, and lifestyle coaching that is modern, hip, and fun! On your wellness journey you will discover a new perspective on a

healthy lifestyle. You will find your vision to what ideal health feels and looks like to you. We create a wellness plan from a visual and creative perspective designed to meet your needs in the privacy of your own home or our private training and yoga studio.

I herby affirm that I have read and fully understand the above.

Participant

signature _____

Participant name address and phone

Participants email _____

Trainer signature _____