



## Membership Options

### 1. Private Open Gym - \$79.76/month

- ◆ Private key fob access (5 AM - 10 PM)
- ◆ Flexible 1- or 2-hour gym bookings (max 8 people per session)
- ◆ Add 1:1 drop-in training for \$58.49/session

💰 Fees: \$26.59 sign-up | \$31.91 yearly maintenance

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### 2. Open Gym + Personalized Programming - \$212.70/month

- ◆ Everything in Private Open Gym
- ◆ Custom workout plan + trainer support via chat
- ◆ 1 recovery room session per week
- ◆ Add 1:1 drop-in training for \$58.49/session

💰 Fees: \$26.59 sign-up | \$31.91 yearly maintenance

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### **3. Open Gym + Programming + Nutrition - \$319.05/month**

- ◆ Everything in Open Gym + Programming
- ◆ Custom nutrition coaching + 8-page nutrition guide
- ◆ Add 1:1 drop-in training for \$58.49/session

💰 Fees: \$26.59 sign-up | \$31.91 yearly maintenance

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### **4. 1:1 Personal Training - \$53.17/session (weekly auto-pay)**

- ◆ Private training (30 min) + optional 15-min cardio
- ◆ Private gym key fob access for sessions
- ◆ 1 recovery room session per week
- ◆ Add-ons: Nutrition coaching (+\$106.35/month), Open Gym (+\$42.54/month) (Must be doing minimum 2x/week 1:1 Sessions for Open Gym discount of \$42.54/month)

💰 Fees: \$26.59 sign-up | \$31.91 yearly maintenance

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### **5. Saturday Women's Small Group Class - \$26.59/week (auto-pay)**

- ◆ HIIT, strength, and core training (max 8 women)
- ◆ Auto-booked every Saturday
- ◆ Drop-in: \$31.91/class (no guaranteed spot or auto book)

 Fees: \$26.59 sign-up | \$31.91 yearly maintenance

# Membership Details & Policies

## 1. Private Open Gym Membership

For those who want private gym access with flexible booking.

### What's Included?

- Up to 2-hour private gym bookings (max 8 people per session)
- Private key fob access (5 AM - 10 PM)
- Option to add 1:1 drop-in personal training sessions (\$58.49 per session)

### Pricing & Payment Details

- \$79.76 per month (auto-pay on sign-up date)
- \$26.59 sign-up fee
- \$31.91 yearly maintenance fee (charged every May 25)

### Membership Cancellation Policy

- A 30-day email notice and key fob return are required to process a cancellation.
- Cancellation is not processed until the key fob is returned.
- The remaining 30 days of membership dues must be paid in full.

•Upon key fob return, a temporary access code will be issued for the last 30 days.

## **Gym Booking & No-Show Policy**

To keep things fair for everyone, please follow these guidelines:

### **Cancellations & No-Shows**

- **Cancel at least 1 hour before your booking to avoid a \$5 fee.**
- **Missed bookings = \$20 fee; repeated no-shows may lead to suspension.**

### **Gym Access & Fees**

- **Grace Period:** Arrive 10 minutes early or leave 10 minutes late for restroom and locker room use.
- **Overstay Fee:** \$15 if you stay past your time.
- **Non Booked Arrival:** \$20 fee for using the gym without booking.
- **Unauthorized Guests:** Must request a **Drop-In Visit** on our website. Otherwise, it's a **\$50 fee + possible suspension.**
- **Missed Payments:** No gym access until dues are paid.
- **Key Fob Sharing:** \$50 fee + membership forfeiture.

### **Booking Over 1 Hour**

To book a 1.5-hour open gym session, reserve two back-to-back 30-minute blocks (e.g., 5:00 AM and 5:30 AM to train until 6:30 AM). The maximum time allowed per session is 2 hours. You may book 2 hours, but please only book time you will fully use.

### **Missed Payment Policy**

•No gym or session access until all dues are paid. Late payment fees of \$10 apply.

### **Key Fob Policy**

•\$30 fee for lost or unreturned key fobs.

- Key fobs are non-transferable and assigned to the member only.
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## **2. Open Gym + Personalized Programming**

For those who want structured workouts with private gym access.

### **What's Included?**

- Everything from the Private Open Gym Membership
- Customized workout library tailored to your goals
- Trainer support via chat
- One recovery room session per week
- Option to add 1:1 drop-in personal training sessions (\$58.49 per session)

### **Pricing**

- \$212.70 per month

### **Cancellation Policy**

- A 30-day email notice and key fob return are required.
- Cancellation is not processed until the key fob is returned.
- The remaining 30 days of membership dues must be paid.
- Upon key fob return, a temporary access code will be issued for the last 30 days.

## Missed Payment Policy

- No gym or session access until all dues are paid. Late payment fees of \$10 apply.

## Key Fob Policy

- \$30 fee for lost or unreturned key fobs.

- Key fobs are non-transferable and assigned to the member only.

## Gym Booking & No-Show Policy:

Same as Open Gym.

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# 3. Open Gym + Personalized Programming + Nutrition

For those who want both workout and nutrition guidance.

## What's Included?

- Everything from Open Gym + Personalized Programming
- Custom nutrition coaching
- Eight-page customized nutrition guide
- Option to add 1:1 drop-in personal training sessions (\$58.49 per session)

## Pricing

•\$319.05 per month

## **Cancellation Policy**

- A 30-day email notice and key fob return are required.
- Cancellation is not processed until the key fob is returned.
- The remaining 30 days of membership dues must be paid.
- Upon key fob return, a temporary access code will be issued for the last 30 days.

## **Missed Payment Policy**

- No gym or session access until all dues are paid. Late payment fees of \$10 apply.

## **Key Fob Policy**

- \$31.91 fee for lost or unreturned key fobs.
- Key fobs are non-transferable and assigned to the member only.

## **Gym Booking & No-Show Policy:**

Same as Open Gym.

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## **4. 1:1 Personal Training Membership**

For those looking for structured coaching, accountability, and private gym access.

## What's Included?

- 30-minute private training sessions plus 15 minutes of cardio
- Private gym key fob access for sessions
- One recovery room session per week
- Text and email session reminders

## Pricing

•\$53.17 per session (charged weekly)

•Weekly total depends on session frequency (e.g., 2, 3, or 4 sessions per week)

•\$26.59 sign-up fee

•\$31.91 yearly maintenance fee

## Add On:

- Add Nutritional Coaching for \$106.35/mo
- Add Unlimited Open Gym: Discounted Rate: \$42.54/mo

## 15-Minute Complimentary Cardio Policy (1:1 Sessions Only):

Clients with 1:1 personal training sessions receive 15 minutes of complimentary cardio, which must be done strictly within the allowed timeframe—exactly 15 minutes before or immediately after your session.

### Example:

- 5:00 PM session → Cardio at 4:45 PM or 5:45 PM (not earlier or later).

Our gym runs on a reservation-based system to maintain privacy and limited capacity. To be fair to all members, this rule must be followed.



## **Session Rescheduling & Cancellation Policy**

- Cancellations within 24 hours result in a lost session, but rescheduling is allowed.
- Sessions must be rebooked at least four hours before the original time for the same week.
- Cancellations within one hour result in a lost session and a \$26.59 fee.
- No-shows result in a lost session and a \$53.17 fee.

## **Additional 1:1 Membership Policies:**

### **Downgrading 1:1 Training**

- Reducing from 4 to 3 or 3 to 2 sessions per week is allowed anytime.
- Dropping to 1 session per week requires an Open Gym membership (\$79.76/month) plus \$53.17 per session.
- Switching to Open Gym or Online Training requires full payment of the remaining 30-day training balance.

### **Accumulated Sessions Expiration**

- Unused sessions expire after three months.
- Missed sessions with 24-hour notice remain in the account but do not adjust future payments.

### **Membership Freeze Policy**

- Up to a two-week hold is allowed for vacations or emergencies.

•If missing part of a week, a 48-hour notice before payment is required to adjust costs.

## **Cancellation Policy**

- A 30-day email notice and key fob return are required.
- Cancellation is not processed until the key fob is returned.
- The remaining 30 days of membership dues must be paid.
- Upon key fob return, a temporary access code will be issued for the last 30 days.

## **Missed Payment Policy**

•No gym or session access until all dues are paid. Late payment fees of \$10.64 apply.

## **Key Fob Policy**

- \$31.91 fee for lost or unreturned key fobs.
- Key fobs are non-transferable and assigned to the member only.

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## **5. Weekly Saturday Small Group Class** **(Women's Only Burn & Tone)**

A mix of HIIT cardio, full-body strength training, and core work.

## **What's Included?**

- One weekly small group class (max 8 women)
- Automatically booked into every Saturday class
- Discounted rate of \$26.59 per week (\$5 off drop-in rate)

## **Pricing & Payment**

- \$26.59 per week (auto-pay)
- \$26.59 sign-up fee
- \$31.91 yearly maintenance fee (charged every May 25)

## **Cancellation & No-Show Policy**

- Cancellations under 24 hours result in lost class credit.
- Cancellations under one hour result in a \$15.95 fee and lost class credit.
- No-shows result in a \$31.91 fee and lost class credit.
- No class access until all dues are paid.

## **Cancellation Policy**

- A 30-day email notice is required.
- The remaining 30 days of membership dues must be paid.

## **Missed Payment Policy**

- No gym or session access until all dues are paid. Late payment fees of \$10 apply.
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## **Garage Door Policy**

- Members are not permitted to open the garage door without prior approval.
  - If the outdoor temperature is cooler than inside (per thermostat), the garage door may be opened with permission.
  - Unauthorized use of the garage door will result in a \$50 fee or membership restrictions.
  - Members *must* ask Theresa (203-695-1864) or Dametres (860-770-8616) for approval before every instance of opening the door.
  - If a member comes in directly after your booking, please confirm with them if they want the door open and remind them to close the door when they are finished. To keep things simple, please close the garage door before your departure.
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## **Child Attendance Policy**

- Children are only allowed during personal training hours with prior approval.
- Members must notify their trainer at least two hours in advance if bringing a child.
- Maximum of two children per session, restricted to the designated area.
- Infants must be strapped to a parent or secured in a car seat/stroller.
- Children cannot use gym equipment.
- No children are allowed during Open Gym or Small Group Classes.

## **Minor Membership Policy**

**Minors (under 18) must be at least 16 years old to access Elevated Wellness LLC under the following conditions:**

**1. Personal Training - Minors (ages 16 and older) may participate in 1:1 personal training sessions with a certified Elevated Wellness LLC trainer.**

**2. Open Gym - Minors (ages 16 and older) may use open gym only if accompanied by a parent or legal guardian who is also an active member.**

**Open gym is not always supervised by staff. A parent or legal guardian must sign a Minor Liability Waiver before any minor can participate. Elevated Wellness LLC reserves the right to revoke access if these policies are not followed.**

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## **Parking Rules**

**•Park only in front of Units 12 and 13 or designated areas.**

**•Do not park in front of other business doors.**

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## **Contact Information**

**For any questions or to join, email [elevatedwellness.pt@gmail.com](mailto:elevatedwellness.pt@gmail.com)**

**We are delighted to have you as an exclusive member of our gym. Thank you for joining us!**

**Dametres & Theresa Perry**

**Elevated Wellness LLC**

**203-680-0422**

**[Elevatedwellness.pt@gmail.com](mailto:Elevatedwellness.pt@gmail.com)**