

DF Professional Services

Commitment Form



Specialized Programming | Transform

You are making a commitment to yourself and your trainer.

Premier Training Options

Private Training

great option for someone completely new to exercise, or in need of specific programming  
personal, customized, systematic

**First session is an assessment to determine how to program for your needs**

	For ME	Groups of 2 people		Groups of 3 people		
Help me Get started, show me what I can do, I'm confident I'll follow through on my own	2 sessions	4 sessions	2 sessions	4 sessions	2 sessions	4 sessions
	\$90	\$175	\$100	\$200	\$120	\$240
Hold me accountable, I'll be ready soon!	6 sessions	8 sessions				
	\$252	\$320				
I really like having a trainer with me in the gym! Keep the great workouts coming!	10 session	12 sessions				
	\$385	\$432				
	(circle package)					

	SIGNATURE
instructor	
participant	
participant	

My commitment	Days	Time	SIGNATURE
Name			instructor
			participant

You are making a commitment to yourself and to your trainer. The trainer is blocking this time for you, **no cancellations unless discussed prior to 24hr from appointment.**  
Focus on what you are gaining by improving your health!

**TRAINERIZE PROGRAMS**

( virtual training plan, available to you on your phone or computer) *Your Phone Your Plan Your Schedule*  
great option for someone who wants to follow a plan, needs instruction but can't commit to a specific time slot.  
Videos, progressive programming, accountability, confidence

Your HOME Get Started Trainerize Program	\$50
Your HOME next level Program	\$50

Add-on Options:  
Orientation to your Plan at DF \$35

STANDARD GYM Phase 1 Training Plan \$150 Nutrition Programs