

TeamFit

Fitness and Nutrition

New Member Packet

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TeamFit Mission

To provide an affordable, structured support system, with an integrated plan including both fitness and nutrition coaching as well as an absolute commitment to our clients' success for anyone who's truly made the decision to make a change.

What We Are About

You are just one simple decision away from the body and fitness level you've always wanted. There is no magic bullet to get you to your fitness or fat loss goals. Miracle diets only provide short term results and, far more often than not, rebounding back with even more added pounds. Sound familiar? It's a frustrating and depressing cycle.

TeamFit Ft Worth is a small fitness studio providing our clients with a fully integrated, all-inclusive approach to reaching all of your fitness and health goals. Our process begins with a complete fitness and nutrition assessment by your coach to establish where you are in relation to your goals. The next step is designing a complete plan to reach all your goals in a really fun, energetic, healthy and, most importantly, SUSTAINABLE way that you can maintain for years to come.

Our system is based on these four cornerstones to help you reach your health and fitness goals

1) It needs to be fun.

Your personalized program will always be changing. With the help of your personal trainer you will be constantly learning and being educated in a fun way about what is right for you and your results.

2) It needs to work in the kitchen.

Our certified fitness nutrition specialist will do a complete nutrition assessment and provide personalized meal and supplement planning to help you maximize the gains from your hard work in the gym.

3) It needs to give you tangible, concrete results.

Every client starts out with trackable goals for fitness, flexibility, body composition measurements. We measure, compare, record and fine tune your individual program to get maximum results.

4) It needs to be SUSTAINABLE.

There is nothing in our program that cannot be maintained for the rest of your life, regardless of where you start. All of the workouts can be personalized for whatever fitness level you start with and your coach is always by your side to keep you progressing and moving forward.

Right now, you are just a simple decision away from meeting all your fitness and health goals and keeping that body for years to come.

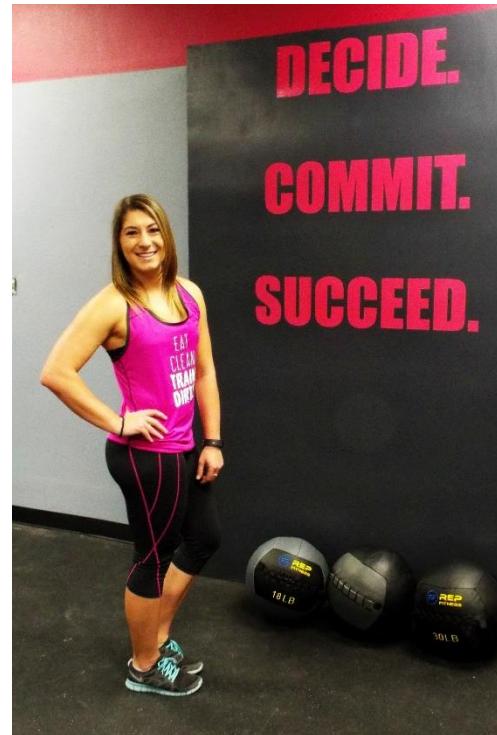
We look forward to seeing your success story unfold.

Meet Your Coaches

Brenna Hicks

I've been active in sports all my life. I played volleyball, track and field as well as softball. Health and fitness became my life's passion while attending Texas Tech University in Lubbock, Texas. In 2012, I began training clients from various demographics and fitness levels. While there, I trained a very diverse clientele including pre/post-natal mothers, elite athletes, stay at home moms, bodybuilders, fitness competitors, seniors, individuals with specific medical and physical limitations and many more. In 2013, I transferred to the University of Texas at Arlington where I received my Bachelors of Science in Exercise Science in August 2014. In 2015, I received my certification as a Fitness Nutrition Specialist.

I have had some wonderful success stories with clients over the years. Providing a fully integrated program for clients without the major financial commitment is something I have always hoped to be able to provide. Reaching all your fitness and health goals should be accessible to anyone who's willing to fully commit to making it happen.



Opening Teamfit Ft Worth is the embodiment of those principles.

A client's workout is a major building block toward reaching their fitness goals but it's only one part of the big picture. Nutrition coaching can play an even bigger role through meal planning, support, as well as good quality supplement selections.

- Certifications
 - Bachelors of Science in Exercise Science, UTA
 - NASM Fitness Nutrition Specialist
 - NASM Weight Loss Specialist
 - NASM Behavior Change Specialist
 - CPR, First Aid, AED

My mission with every client at TeamFit is to first help them get a clear vision of their immediate, short-term and long-term goals then develop a plan to get maximum progress while still having an amazing time during the process. From day one, our coaches are working side by side with clients during workouts, assessments, measurements, and nutrition coaching. Additionally, we've got our Member Connect app for members to share their success with their teammates and cheer for their successes as well.

Cy Ann Gomez

I have been active in fitness my whole life. I signed up for every 5k and 10k I could talk my parents in to starting at the age of 9 yrs. old. I ran long distance in track, did long jump and played volleyball in Jr High & High School.

Then life happened.

In 2012, I had a medical issue that required surgery and, in that surgery, I went into cardiac arrest two times. The doctors say that because I worked out, was in good health, my heart has absolutely no damage from those heart attacks.

While recovering from this surgery GOD spoke to me & I was convinced that Personal Training is my calling... **to help others learn to take care of themselves, teach people of all ages & fitness levels to be healthy which could help them to live a longer healthier life. It saved me...**

Why not pass it on to others so they can save themselves?

- Programs I teach:
 - Personal Training
 - POUND
 - Yoga
 - Aquatics
 - CPR/FA Instr
 - Home School PE
- Training Strengths:
 - Strength and Conditioning
 - Exercise Modifications for All Fitness Levels
 - Overall General Fitness for Health
- Certifications:
 - ISSA CFT
 - Pound Pro
 - SCW Yoga
 - Group Fitness
 - AEA Aquatic Fitness
 - ASHI BLS Instructor
 - LiveStrong Cancer Survivor Instructor
- Fitness Hobbies:
 - Strength Training & Crushing Goal



Dennis Vibbert

"The biggest transitions in our lives are very seldom complex.....

Making the choice to become fit and healthy wasn't complicated either. I looked in the mirror and realized "**I MUST change**". I told myself countless times that "I should" or "I need to". Those phrases were generally followed up by resolving to start working out next week or after the holidays or after the dinner party. Sound familiar? I made the decision but I knew I needed a plan and a support system if I was going to make this transformation happen. Brenna Hicks was the coach I needed to put the plan to work.

On February 27 2015, I had just returned from a seven-day cruise full of wine and fabulous food at my highest weight ever. I was committed and motivated but in very poor shape. I was over 255 pounds at just 5'8", struggling with high cholesterol, aches and pains, and a diet of fabulous food and wines that was packing pounds on faster than I could ever hope to work off.



I've struggled with my weight for all of my adult life. Losing 20-30 pounds multiple times only to gain it all right back. That cycle continued for a long time, but by the time I turned 50 it was dramatically harder to get the pounds back off. ***I was on the fast track for a short-wasted life.***

The most important lesson I learned: If your improvement plan is not part of a permanent lifestyle change, progress will be fleeting. There's no magic bullet to get you to your goals. The trade-off for all your efforts is you get to keep the body and fitness level you've always wanted for the rest of your life. That's a pretty good deal.

As we worked on the fitness portion of the plan and slowly progressed, we started to make the necessary adjustments to my diet. Why? The idea of going through all that work in the gym only to sabotage my progress through poor eating and drinking, without any moderation at all, would have been ridiculous. Adding a consistent fitness component to your routine will always help, but if you don't eat right, you'll be forever out of shape, just gaining at a slower pace.

Fast forward a year. Combining our workouts and eating right allowed me to not only lose 75 pounds by year-end but also complete 13 half marathons in 2015, concluding in back to back races on New Years' Eve and New Years' Day.

Making the decision and committing to fulfilling it has left me transformed both physically and internally. Everything we've done in the process has been sustainable, simple and fun so I know I'll never have to make up that lost ground again.

Personal Training

If you are looking for more direction with your fitness goals personal training is for you. Personal Training is designed to help you achieve your fitness goals faster. You will be set up with an individualized workout program that your trainer will assist, educate, and motivate you to get your results faster.

Sessions	Price
1	\$55
8	\$400
12	\$565
20	\$900

Partner Personal Training

Total price is split between both individuals

Sessions	Price
6	\$636
12	\$1000

Nutrition

Let's face it... eating right is hard! Not only does it take self-discipline, self-motivation, and knowing what you are doing but it also takes time planning out all those meals that correlate with your specific goals. As we all know, we are all different. We all have different body types, metabolisms, food preferences, goals, fitness levels and busy schedules. How could 1 generic food plan work for all of us? **IT CAN'T.**

With our 7-day personalized meal plan, you are getting a meal plan that is specifically tailored TO YOU. Factors that help us in the development of your meal plan is your current eating habits, your age, weight, activity level, ethnicity, your food preferences/food allergies and YOUR SPECIFIC health and fitness goals. Through our database you are able to edit your own meal plan if you choose by getting TONS of options to swap for something else that still fits within your plan - don't worry our system does all the calculating for you ;). All meal plans are created by Brenna Hicks, Certified NASM Fitness Nutrition Specialist.

Bi-Weekly

Personalized 7-day Meal Plan

\$60

per Month

1 per Month

Personalized 7-day Meal Plan

\$40

per Month

Group Fitness Membership Options

*All prices given are before tax

Regardless of which plan you start with, every membership is backed by a 100% satisfaction guarantee.

3 Classes per Week (12 classes/month)

Membership gives you access to 3 classes/week. Membership will auto renew month to month. Unused classes do not roll over to the next month. Require a 10-day notice of cancellation for 1st auto draft.

\$64⁹⁹

TeamFit Unlimited Membership

This membership gives you access to:

- Unlimited classes month by month
- Nutrition Consultation/Intro to Nutrition
- Fitness and body composition measurement

\$99

Pay in advance for a discounted price!

- 3 months in advance – 10% discount
- 6 months in advance – 15% discount
- 12 months in advance – 25% discount

Membership will auto renew every month. 30-day cancellation notice required.

Family Discount

- Up to 4 family members
- Unlimited classes month by month
- Nutrition Consultation/Intro to Nutrition
- Fitness and body composition measurement

\$159



Class Description and Schedule

*scheduled times are subject to change if classes do not produce attendance

All class sessions are for all fitness levels! Each class will incorporate interval training, resistance training, and core work. With a mix of these concepts you are sure to leave knowing you had a great workout! Each class has a maximum of 7 people.

Key Terms:

Interval Training: Interval training involves alternating bursts of rigorous activity with intervals of lighter activity.

Resistance Training: Resistance training incorporates bodyweight, free weights, machines, or bands to improve muscular strength and endurance.

Core Work: Focuses on building core strength, endurance, and flexibility. Challenging exercises will target the lower and upper abdominals, obliques, back, and hip flexors. Modifications for beginners will be provided

Monday	Tuesday	Wednesday	Thursday	Friday
AM TIMES				
5:30-6:10	5:30-6:10	5:30-6:10	5:30-6:10	5:30-6:10
6:20-7:00	6:20-7:00	6:20-7:00	6:20-7:00	6:20-7:00
7:10-7:50	7:10-7:50	7:10-7:50	7:10-7:50	7:10-7:50
8:00-8:40	8:00-8:40	8:00-8:40	8:00-8:40	8:00-8:40
8:50-9:30	8:50-9:30	8:50-9:30	8:50-9:30	8:50-9:30
PM TIMES				
4:20-5:00		4:20-5:00		4:20-5:00
5:10-5:50		5:10-5:50		5:10-5:50
6:00-6:45		6:00-6:45		6:00-6:45

Through our website and member app, you can view our schedule online and **reserve your spot in class**. Classes hold up to 7 spots per class and are consistently changing daily so your fitness goals don't plateau.

Bridal Fitness

TeamFit FtWorth

Why workout pre-wedding?

Weddings are stressful! Finding the perfect dress, picking color schemes, catering, venues, invitations, getting a photographer and so much more are what make brides want to pull their hair out. Of course, every bride wants to look perfect in her wedding dress as she walks towards her future husband down the aisle. No, losing your love handles isn't going to make you a better bride. It is about the CONFIDENCE that you will have as you walk down that aisle for everyone to see your gorgeous dress and rockin' body!

Working out not only will give you the confidence as you walk down the aisle with all eyes on you but it will relieve that unwanted stress from planning, dealing with in-laws, and seating charts. It will also give you more energy throughout the day so you can focus on tasks at hand.

When should you start working out?

Establishing your timeline will be your first step. Things to consider are going to be with your final dress fitting is, what is your target weight, are you new to exercise or currently in an exercise program and just need to ramp it up. Once your timeline is set you can start planning your workout program. The more time you have, the more you can change and get better result before the big day.

You also have to be realistic. Don't cause unnecessary stress by vowing to lose 50 pounds in two months. You can safely lose between 4-8 pounds a month. So, if you'd like to drop 10 pounds, you need at least 5-10 weeks.

Nutrition

Nutrition will either make or break your fitness goals. Without eating a proper, healthy diet to supplement your workouts you won't see those results as fast. Make sure you are feeding yourself and not starving yourself. Not eating enough will sabotage all the hard work you have put in towards your goals. When you go without eating or eating too little, your body will begin to hold on to the calories you consume and store it as fat. When we consistently feed our bodies, in a healthy and nutritious way, our bodies will continuously burn fat throughout the day.

**We offer 3 different programs - Basic, Plus, Total Transformation.
Each program has a 1-month and 3-month package, depending on your
wedding-ready timeline.**

Contact us to set up your free consultation!



Frequently Asked Questions

Q. How do I know if I need personal training or group fitness classes?

A. Contact us! We will help you go over your goals and timeline of hitting those goals and direct you on the right path.

Q. How young can you be for personal training?

A. If you are under the age of 18, a parent or guardian must be present in the facility during every session. Anyone under the age of 14 will be limited to body weight exercises and conditioning.

Q. If I do not have a membership, can I pay per class to attend?

A. Yes. You can attend up to 3 classes per month for \$15 per class. With a membership, you have unlimited access to attend any of our classes per month. *Drop-ins are not guaranteed a spot in class if session is full. Please call in advance to see if spots are available.

Q. Why do I have to pay my dues by autopay/bank draft? Can I just make a payment once a month when I come in to work out?

A. Autopay allows us to minimize the time and processing costs required to collect dues each month. Savings on administrative costs is one of the ways we use to keep membership and personal training costs from rising. However; you can always make a payment in advance of the billing date and your card will not be charged for that month.

Q. I'm moving and need to cancel my membership. What is the cancellation process?

A. We require a 30-day written notice of cancellation.

Q. I am going out of town for a few months? Can I hold my membership?

A. Yes, we can put your membership on hold for up to 60 days. After 60 days, membership dues will automatically resume.

Q. I showed up to work out and was told the class was full. How can I be sure to get in the classes I want?

A. You can reserve your spot in any class up to two weeks ahead by going on our website, www.TeamFitftworth.com or use the MemberConnect app on your smartphone. You may also call us to check availability and reserve your spot. You can also see who else is already booked and nudge your teammates to reserve their space as well.

Q. Is your gym accessible if I want to come in to work out on my own time?

A. At this time, TeamFit is a private fitness studio. The studio is only open during class times and scheduled private sessions. For class times and facility hours, please visit our website, www.TeamFitftworth.com or use our app to view and reserve class spots.

Q: How many participants are in each class?

A. At TeamFit we don't want you to just be another face in the crowd. We allow up to 7 participants per class to ensure everyone can develop a connection with their coach and teammates.

Website - Member Portal

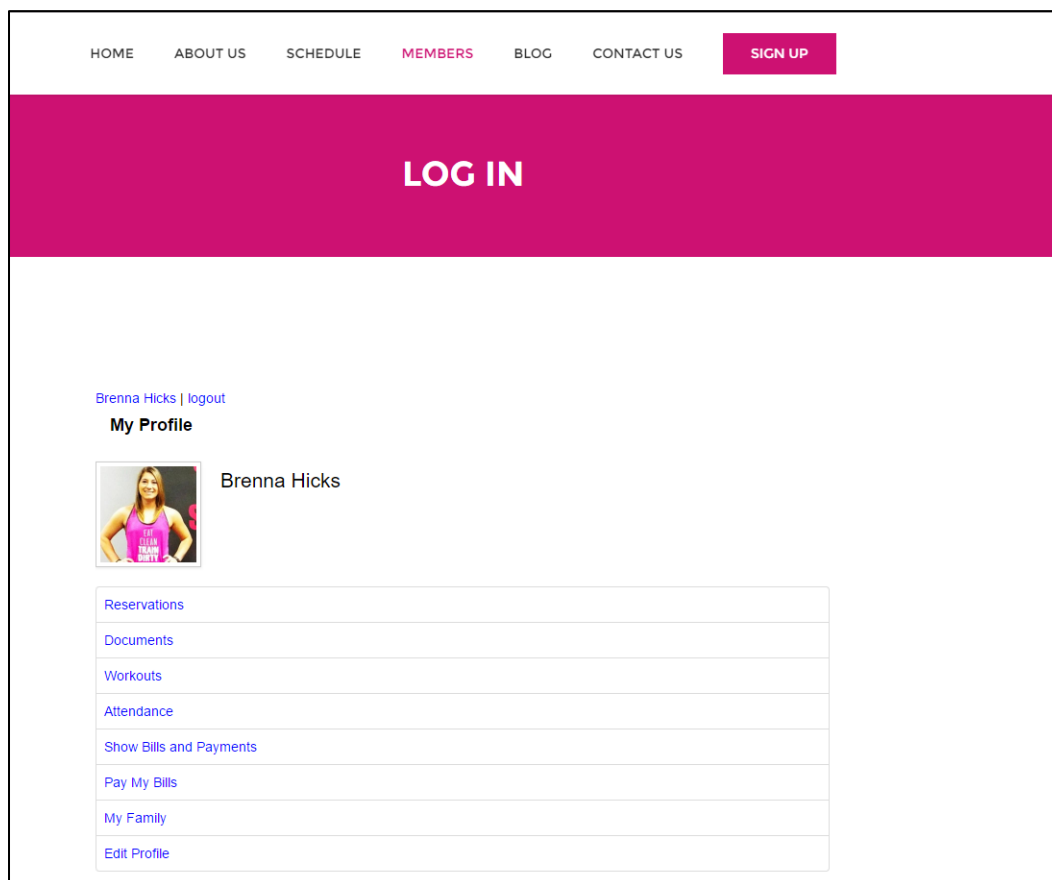
How do I get access to the member portal?

To gain access, you can go to our website (teamfitftworth.com) and select 'Sign up' and you will have access to the portal.

How to access the member portal:

- Enter in www.teamfitftworth.com into your browser
- click the 'members' tab at the top
- Select 'log in' from the drop down
- Use your email and password you created when you signed up

From the member portal, you are able to select a membership and join, make payments, see our class schedule, who is attending certain classes, and also reserve your spot in class.



Accessing Member Connect App

To Download:

- In your app store/Google+, search 'Zen Planner Member App'
- Download App.
- Open app. Your login will be the same as your member portal login.

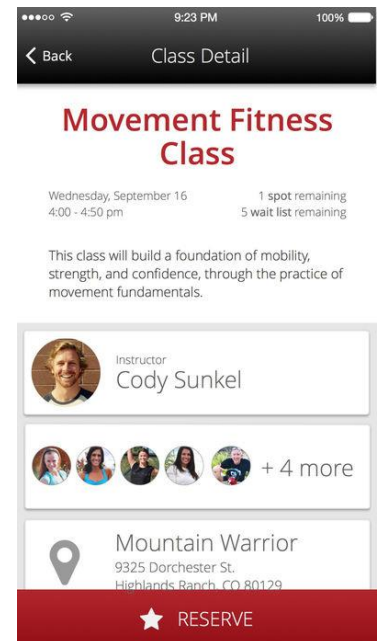
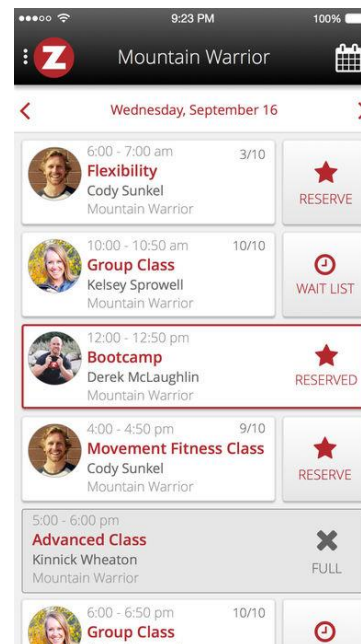


If you forget your password:

- If you do not know your password, click "forgot password?"
- Enter your email address and click "Send Email."
- If your email is associated with more than one account, you will be asked to choose which account you are resetting your password for
- You will receive an email with a Token on it
- You will enter the code in the app (this code is case sensitive) and click "Submit."
- You will then create your password! Once you are logged in, your password will be saved and you will not have to enter it again until it expires.

Features of the App:

- Digitally sign contracts and event waivers
- Class Calendar
- Reserve a Class
- Add yourself to the waitlist if a class is full
- Instructor & Class Details
- Workout Tracking
- Android or iPhone
- Community Building - See which of their friends are already registered for a class
- Social Features -Members can show love for one another with in-App social features. Members can "Like" and comment on leaderboard results



If you are having problems with your app, let us know and we will reset your information. If you need assistance in learning the app, we are here to help!

Tell your friends!



Fort Worth

Redeem this coupon for a
FREE Guest Pass for a 7-class trial membership

*Guest will have to fill out a liability waiver upon first visit. 1 per individual.



Fort Worth

Redeem this coupon for a
FREE 60-minute Personal Training Session

*Guest will have to fill out a liability waiver upon first visit. 1 per individual.



Fort Worth

Redeem this coupon for a
FREE Nutrition Consultation

*Guest will have to fill out a liability waiver upon first visit. 1 per individual.