

TRAINING PACKAGES

FACILITY ADDRESS

1771 W. Hamlin Rd.
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FACILITY PHONE

248.759.8986

FACILITY EMAIL

info@linked-fit.com



TRAINING PACKAGE LEVELS

At LF, our training packages are structured in three distinct levels: **Standard**, **Plus**, and **Premium**.

Below will describe each training package level and what is included.

If you have any questions, please feel free to reach out to a LF staff member for further details.

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STANDARD

PLUS

PREMIUM



ADULT



SPORT



PRIVATE



SEMI-PRIVATE



ONLINE

ADULT TRAINING

All Adult Training package expire in 3-months from the date of purchase. Each level (Standard, Plus, and Premium) classes must be completed prior to the 3-month expiration. The classes do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	STANDARD	PLUS	PREMIUM
NUMBER OF CLASSES	x5	x10	x20
PRICE	\$75	\$140	\$260
PER CLASS RATE	\$15	\$14	\$13

FIRST CLASS	\$1
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DROP IN	\$20
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At LF, your first class is \$1 (new members only) with a pre-class registration through MindBody. After attending your first class, you have two options: purchase a training package or continue paying a \$20 drop-in fee.



UNLIMITED **ADULT** **TRAINING**

All Unlimited Adult Training packages are monthly auto-payments, therefore a card must be on file. Auto-payments start on day of purchase. Each training package requires a 3-month commitment. After the 3-month commitment the package will transition towards a month-to-month payment. If a member chooses to cancel their membership, a 30-day written notice (email or letter) is needed prior to the day of cancellation. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	UNLIMITED	UNLIMITED
TYPE	SINGLE	COUPLE
NUMBER OF MEMBERS	1	2
PRICE	\$175 month	\$300 month
PER SESSION RATE	\$7.29	\$6.25



SPORT TRAINING

All Sport Training package expire in 12-months from the date of purchase. Each level (Standard, Plus, and Premium) classes must be completed prior to the 12-month expiration. The classes do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	STANDARD	PLUS	PREMIUM
NUMBER OF CLASSES	x1	x8	x15
PRICE	\$25	\$160	\$225
SESSION RATE	\$25	\$20	\$15



UNLIMITED **SPORT** **TRAINING**

All Unlimited Sport Training packages are monthly auto-payments, therefore a card must be on file. Auto-payments start on day of purchase. Each training package requires a 3-month commitment. After the 3-month commitment the package will transition towards a month-to-month payment. If a member chooses to cancel their membership, a 30-day written notice (email or letter) is needed prior to the day of cancellation. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	UNLIMITED
TYPE	SINGLE
NUMBER OF MEMBERS	1
PRICE	\$200 month
PER SESSION RATE	\$10



PRIVATE TRAINING

All Private Training packages expire in 12-months from the date of purchase. Each level (Standard & Plus) sessions must be completed prior to the 12-month expiration. The sessions do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All sessions require scheduling with a SLHF Coach. Training sessions must be cancelled within 12 hours of the scheduled time, if not, your training session will be used.

	STANDARD	PLUS
NUMBER OF SESSIONS	1	10
PRICE	\$75	\$600
SESSION RATE	\$75	\$60



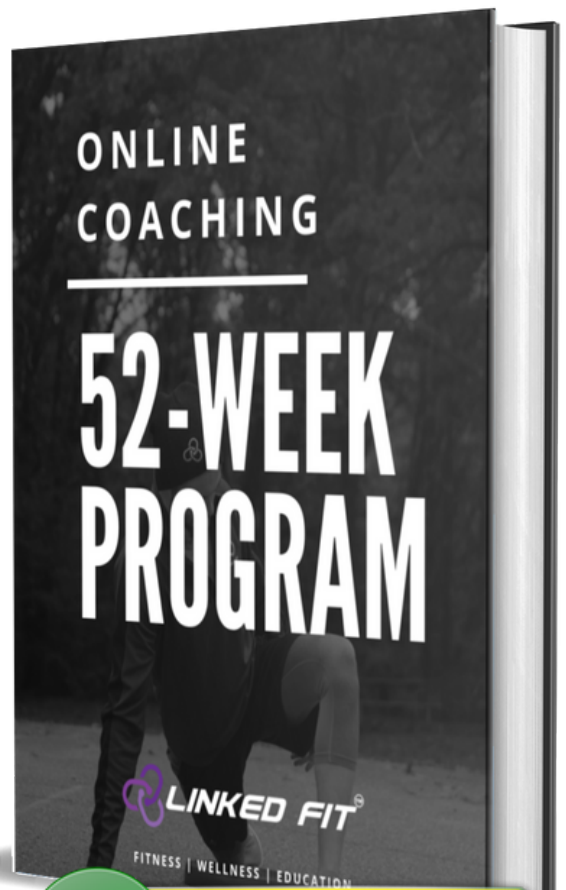
SEMI-PRIVATE TRAINING

All Semi-Private Training packages expire in 12-months from the date of purchase. Each level (Standard & Plus) sessions must be completed prior to the 12-month expiration. The sessions do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All sessions require scheduling with a SLHF Coach. Training sessions must be cancelled within 12 hours of the scheduled time, if not, your training session will be used.

	STANDARD	PLUS
NUMBER OF SESSIONS	1	10
PRICE	\$50	\$420
SESSION RATE PER PARTICIPANT	\$50	\$42



ONLINE TRAINING



A person in athletic wear is standing in a gym, with their legs and feet visible. The background shows gym equipment like a pull-up bar and a wooden box. The entire image is covered with a semi-transparent purple overlay. The text is white and bold, positioned in the center-left and bottom-center of the image.

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**ACHIEVE
YOUR
FITNESS AND
WELLNESS
GOALS!**

**IT WON'T BE
EASY, BUT IT
WILL BE
WORTH IT!**

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